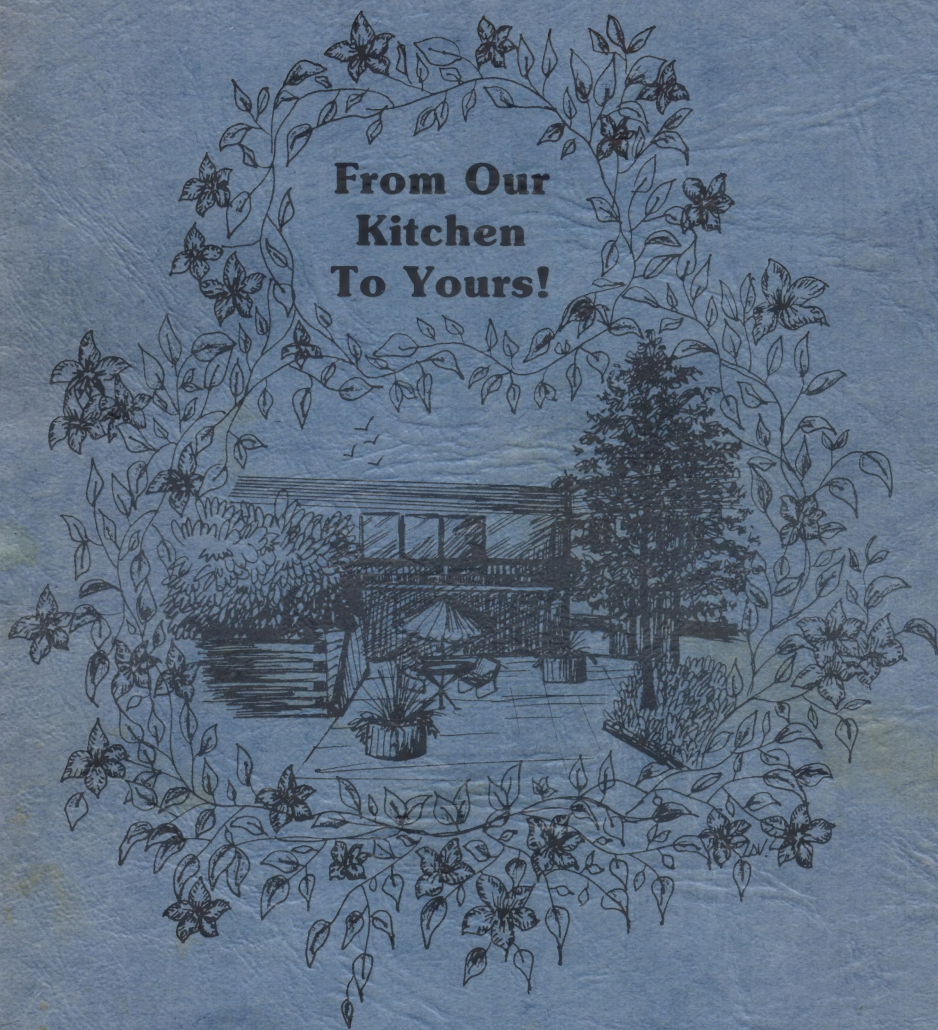
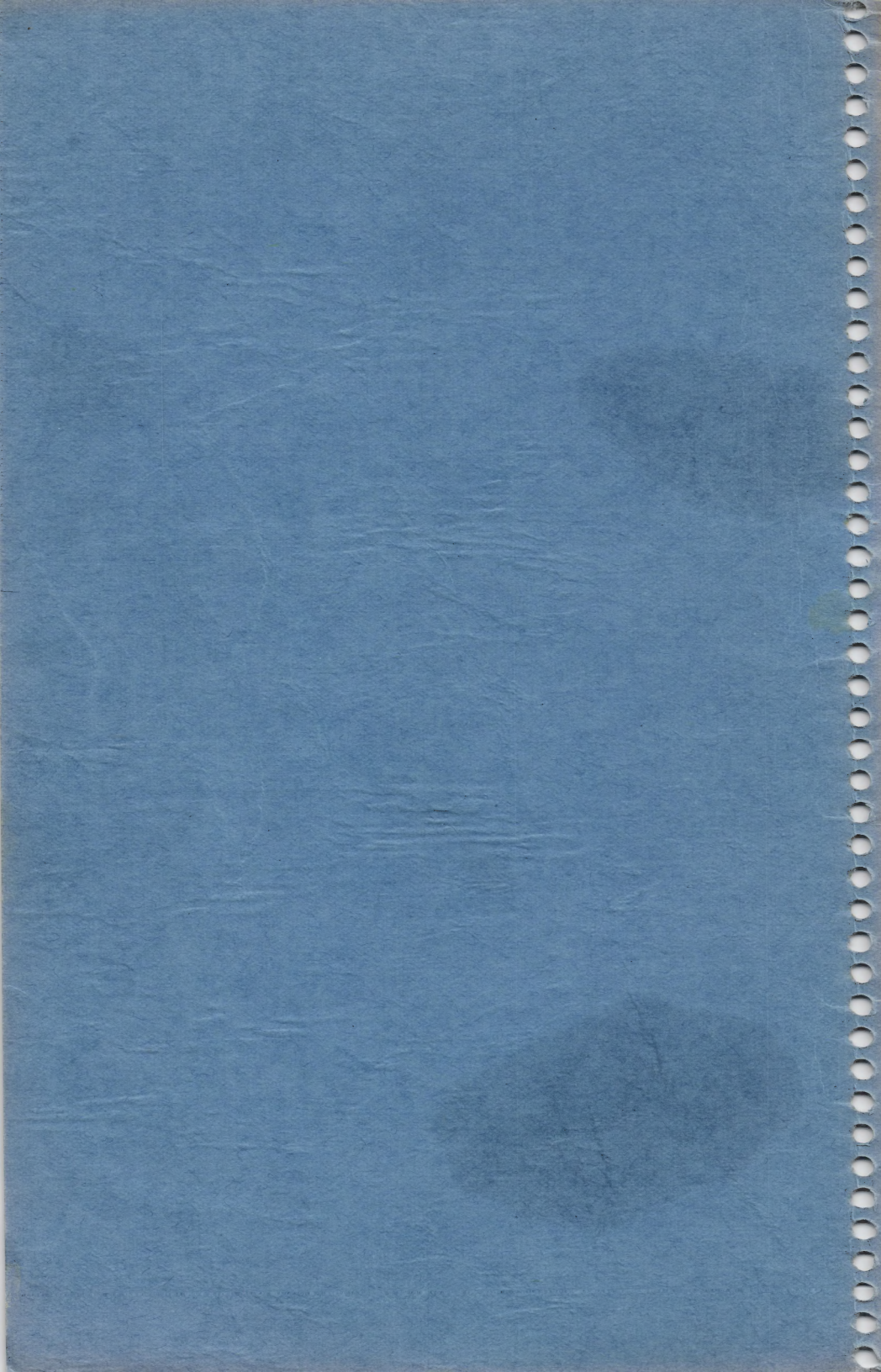


**From Our
Kitchen
To Yours!**



SPRUCE LODGE
RECIPE BOOK





SPRUCE LODGE

RECIPE BOOK

1991



APPETIZERS

APPETIZER KEBOBS

Linda Seguin

Wooden skewers (fairly short)

cubes of ham, salami
melon cubes or balls
cheese cubes
olives
pineapple chunks
pickled onions

BEEF TACO CHIPS

Leeanne Gaul

¼ lb. ground beef
¼ cup onion, finely chopped
½ tsp. chili powder
¼ tsp. salt
⅛ tsp. cumin
Dash garlic powder
½ cup shredded monteray jack cheese
12-15 taco chips
taco sauce (optional)

Crumble beef into 1 quart casserole. Add onion, garlic powder, salt and cumin. Microwave on high for 1½-2½ minutes or until beef is no longer pink, stirring once. Arrange chips on 10" paper plate or paper towel lined plate. Spoon meat mixture onto chips. Top with cheese. Microwave at 70% for 1½ to 2 minutes or until cheese melts, turning once. Serve with taco sauce.

BUGLE DIP

Sharon Hulley

8 oz. cream cheese, softened
1 cup mayonnaise
1-10 oz. can tomato soup (undiluted)
1-3 oz. pkg. lemon jelly powder
½ cup boiling water
1 cup celery, finely diced
1 cup green pepper, finely diced

- 1/4 cup green onion, finely diced
- Bugle corn chips for dipping.

Dissolve lemon jelly powder in boiling water. Stir in mayonnaise, tomato soup and softened cream cheese. Beat with hand mixer til smooth consistency. Chill until the mixture begins to set. Stir in diced vegetables. Put into serving bowls and chill til set. Serve as a dip with Bugle corn chips. "Very addicting."

CHEESE BALL

Sheila Salter

- 1 8 oz. pkg. cream cheese
- 3 cups cheddar cheese, grated
- 1/4 cup sour cream
- 1/4 cup chopped green onion
- Dash Worcestershire sauce
- Dash Tabasco
- 1 tsp. hot horseradish

Shape into ball. You can roll in nuts, parsley or caraway.

CRABMEAT DIP

Bev Cantelon

- 1 6 oz. can crabmeat (drained and flaked)
- 1/2 cup sour cream
- 1/4 cup mayonnaise salad dressing
- 1 tbsp. chopped onions
- 1 tbsp. horseradish
- 1 tbsp. parsley
- 1 tbsp. prepared mustard
- Dash red pepper

Mix ingredients, chill. Serve with raw vegetables.

CROCKED CHEESE

Bev Cantelon

- 1 lb. old cheddar cheese, grated
- 8 oz. package cream cheese

- 2 cloves garlic, minced
- 2 tsp. Dijon-style mustard
- ¼ cup dry sherry
- 1 tbsp. Worcestershire sauce

Have cheeses at room temperature. Cream them together until smooth. Blend in remaining ingredients, adding a little milk or more sherry if needed for a spreading consistency. (Shape cheese mixture into one large or two small cheese balls or long cheese logs.) Cover lightly and refrigerate. Store at least one day to mellow flavours. Serve at room temperature. Makes about 3 cups.

DELICIOUS DILL DIP

Kim Miller

- 1 round loaf dark bread (pumpkinnickel or dark rye)
- 1½ cups mayonnaise
- 1 cup sour cream
- 2 tbsp. dried onion flakes or 2 well chopped green onions
- 2 tbsp. parsley chopped
- 2 tsp. dried dill or 2 tbsp. fresh dill
- ½ tsp. seasoned salt
- ½ cup black olives (finely chopped)
- 1 can water chestnuts chopped very fine

Freeze the bread. Mix together dip ingredients and chill well. Do not use food processor. To serve, hollow out bread to make a bowl. It is easiest to do this if the bread is partially frozen. Fill the shell with chilled dip. Tear the centre of the bread into bit-sized pieces and place it all around the bread bowl on a large platter. Serves 12. Can be made ahead.

MEXICANA ANTIPASTO

Kim Miller

- 8 oz. pkg. cream cheese
- Dash garlic salt
- ½ cup sour cream
- 1 lrg. avocado, mashed
- ¼ tsp. lemon juice
- 1 tomato finely chopped
- 4 oz. can green chilies (optional)

- 5 slices bacon cooked crisp and diced
- 3-4 green onions chopped
- ¼ cup ripe olives sliced
- ¼ cup stuffed green olives sliced
- 8 oz. bottle hot El Paso taco sauce
- 1 cup grated cheddar cheese

Combine the first 3 ingredients and use as first layer in a 9" pie plate. Combine the next four ingredients for the second layer. Sprinkle on bacon, green onion and olives. Spread taco sauce over all and sprinkle with grated cheese. Serve cold with corn chips or crackers. Serves 10 to 12.

MOM'S MUNCHIES

Winnie Ashbourne

- ½ cup margarine
- ½ cup shortening
- 2 cups rolled oats
- ¾ cup dessicated coconut
- 2 eggs
- ½ tsp. salt
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 tsp. vanilla
- 1 cup raisins
- ½ cup wheat germ
- 1½ cups all purpose flour
- 1 cup white sugar
- 1 cup brown sugar

Mix together. Drop batter on cookie sheet. Do not crowd them. Bake at 350°F for ten minutes.

RING-TUM-DIDDY

The Art of Cooking & Serving, 1930

- ½ lb. grated cheddar cheese
- ½ tsp. salt
- Few grains cayenne
- 1 can tomato soup

Melt cheese in a saucepan over a slow fire. Add salt, cayenne and tomato soup. Stir until well mixed and heat thoroughly. Serve on toasted crackers.

SPINACH DIP

Pat Sabourin

- 10 oz. frozen spinach (drained)
- 8 oz. can water chestnuts chopped
- ½ cup green onions chopped
- 1 env. Knorr Swiss Vegetable Soup Mix
- 1½ cup sour cream
- ½ cup mayonnaise
- 1 small can cocktail shrimp (optinal)

Mix all ingredients together and chill over night.

Hollow out a round loaf of pumpernickel bread (save the bread) and fill with the dip. On a serving tray, place pumpernickel bread with dip. Slice one loaf french bread with electric knife into cubes or fingers and arrange around the loaf for dipping, along with the pumpernickel that was cut out. Enjoy, very delicious. A hit at parties.

VEGETABLE DIP

Karen Ball

- 500 ml. sour cream
- 750 ml. Hellman's Real Mayonnaise
- 2 tbsp. onion flakes
- 1½ tbsp. lemon juice
- 2 tbsp. parsley
- 1 tbsp. Worcestershshire sauce
- 1 tbsp. garlic salt
- ¼ tsp. paprika





BARS & SQUARES

BEST BLONDIES

Barb Boyes

- 8 tbsp. butter
- 1½ cups light brown sugar
- 1½ cups flour
- 1½ tsp. baking powder
- ½ tsp. salt
- 2 eggs
- 1½ tsp. vanilla
- ¾ cup chopped pecans

Melt butter in large saucepan over low heat. Stir in sugar until smooth. Remove from heat and let cool. Butter a 9" square baking pan. Combine flour, baking powder and salt. Beat eggs one at a time, into sugar mixture. Beat in vanilla. Stir in flour mixture, gradually. Stir in pecans. Pour into pan. Bake in 325° oven 50 to 60 minutes. Cool before cutting. Makes 16 squares.

BUTTERSCOTCH OR CHOCOLATE SQUARES *Sharon Krauskopf*

- 1-8 oz. package butterscotch or chocolate chips
- 1 egg beaten
- ½ cup butter
- 1 cup icing sugar
- 2 cups coloured mini marshmallows
- graham wafers

Mix chips, butter, icing sugar and egg together in saucepan on medium heat until melted. Cool slightly and add the marshmallows. Line a 9" square pan with graham wafers and pour mixture over it. Place in fridge till set.

CHOCOLATE CHIP BARS

Luanna Gravelle

- 1 cup butter or margarine
- 1 cup brown sugar (packed)
- 1 tsp. vanilla
- ⅛ tsp. salt
- 2 cups sifted flour

- 1-6 oz. package chocolate chips
- 1 cup pecans or walnuts

Beat butter with sugar until mixture is light and fluffy. Add vanilla. Blend salt with flour and stir into beaten mixture, mixing well. Fold in chocolate chips and nuts. Press into ungreased 15½" x 10½" x 1" jelly roll pan. Bake at 350° 20 minutes. While warm, cut in 2½" x 1½" bars. Cool. Makes 3 dozen.

CHRISTMAS FRUIT BARS

Doris Wolfgram

- ½ cup butter
- ½ cup sugar
- 1 tsp. grated orange rind
- 2 tbsp. fresh frozen orange juice concentrate (not diluted)
- ¼ tsp. almond extract
- 1¼ cup sifted all purpose flour (divided; see below)
- ½ tsp. baking soda
- ¼ tsp. salt
- 1 egg
- ⅔ cup chopped mixed glacé (Christmas cake) fruits
- ½ cup chopped nuts

Sift and measure flour. Measure fruits into a small bowl. Mix ¼ cup of the flour with the fruits. (If the cherries are whole, cut them in half.) Into beater bowl, measure the butter, sugar and orange rind. Turn on beaters and beat for five minutes. Add orange juice concentrate and almond extract and beat in. Add the remaining one cup flour, baking soda and salt and beat. Add egg and beat in. Lift beaters and fold in fruits and nuts. Turn batter into buttered 9" x 9" pan. Push batter into corners and smooth top. Bake at 350° for 16 to 18 minutes. Do not overbake. Cool and frost with Orange Frosting.

Orange Frosting:

- 2 tbsp. butter
- 1¼ tbsp. fresh frozen orange juice concentrate

Beat until smooth. Spread over cooled bars in pan. Cut into 1" or 1½" squares or 1" x 2" bars. These freeze well if carefully packaged.

ELEGANT CHEESE SQUARES

Luanna Gravelle

- 1-8 oz. cream cheese
- ½ cup sugar
- ⅛ tsp. salt
- ½ cup milk
- 1 tsp. lemon juice
- 1 tsp. vanilla
- 1½ cup Cool Whip

Put crumbs in bottom. Bake at 375° for eight minutes. Beat cheese, add sugar gradually while beating. Add milk, lemon juice and vanilla. Blend in Cool Whip and spoon on crust. Chill. Garnish with lemon twist. Yellow food colouring may be added.

FRUITCAKE SQUARES

Luanna Gravelle

- 6 tbsp. butter
- 1½ cup graham cracker crumbs
- 1 cup shredded coconut
- 2 cups cut up mixed candied fruit
- 1 cup dates
- flour
- 1 cup coarsely chopped pecans or walnuts
- 1-15 oz. condensed milk

Melt butter in 15½" x 10½" x 1" pan. Sprinkle on crumbs, tap sides, sprinkle on coconut. Distribute candied fruit as evenly as possible over coconut. Cut dates into flour. Put over candied fruit, sprinkle on nuts. Press mixture lightly. Pour condensed milk evenly over top. Bake at 350° 25 to 30 minutes. Cut into 1½" squares.

HELLO DOLLY SQUARES

Karen Schmidt

- ¼ cup butter
- 1 cup graham wafer crumbs
- 1 cup flaked coconut

- 1 cup chocolate chips
- 1 cup chopped nuts (optional)
- 1 can Eagle brand milk

Melt butter in 9" x 9" pan. Sprinkle in crumbs and press to cover bottom of pan. Sprinkle in layers of coconut, chocolate chips and nuts. Pour milk over nuts and bake about 30 minutes. Cool in pan and cut into squares.

HELLO DOLLY SQUARES

Karen Schmidt

- ¼ cup butter
- 1 cup graham wafer crumbs
- 1 cup flaked coconut
- 1 cup chocolate chips
- 1 cup chopped nuts (your choice)
- 1 can Eagle Brand milk

Melt butter in 9" x 9" pan. Sprinkle in crumbs and press to cover bottom of pan. Sprinkle in layers of coconut, chocolate chips and nuts. Pour milk over nuts and bake at 350°F for about 30 minutes. Cool in pan and cut into squares.

LEMON BARS

Lois Kipfer

- 1½ cups graham wafer crumbs
- ½ cup melted butter
- ½ cup brown sugar, packed
- ¾ cup sifted flour
- ½ tsp. baking powder
- ¼ tsp. salt
- 1½ cup Eagle brand milk
- juice of one lemon
- 1 tsp. lemon rind

Mix first six ingredients well. Spread ⅔ mixture in 8" x 12" inch pan. Mix milk, lemon juice and rind and blend well. Spread on mixture in pan. Sprinkle remaining crumbs over lemon filling. Bake at 300° for 30 minutes.

LEMON BARS

Marg Ruston

Crust:

- 1½ cups graham wafer crumbs
- ½ cup melted butter or margarine
- ½ cup brown sugar, packed
- ¾ cup sifted flour
- ½ tsp. baking powder
- ¼ tsp. salt

Mix and spread ¾ mixture in 9" x 13" pan — pack.

Filling:

- 1 can Eagle Brand milk
- ½ cup lemon juice
- 1 tsp. lemon rind (optional)

Blend well and spread over crust in pan. Sprinkle rest of mixture on top and bake at 325°. Freezes well.

LEMON SLICE

Beth Rodgers

- ½ cup soda biscuits, crushed
- ½ cup white sugar
- 1 cup flour
- 1 tsp. baking powder
- ¾ cup butter
- 1 cup dessicated coconut

Mix all together to a crumb mixture. Spread ¾ of it in pan and pat down lightly. Cover with

Lemon Butter

- 1 lemon, juice and rind
- 1 cup sugar
- 4 tbsp. butter
- 3 eggs

Mix above four ingredients in top of double boiler and cook, stirring frequently, until thick. Put lemon butter on mix in pan. Sprinkle rest of crumb mixture on top. Pat lightly. Bake at 350° until golden brown, about 45 minutes.

PECAN SQUARES

Jean Grant

- 1⅓ cup all purpose flour
- 1 tsp. baking powder
- ⅓ cup butter
- ½ cup brown sugar
- ¼ cup pecans (chopped)
- 2 eggs
- ¾ cup syrup
- ¼ cup brown sugar
- 3 tbsp. flour
- ½ tsp. salt
- 1 tsp. vanilla
- ¾ cup pecans

Mix together first five ingredients. Pat firmly in a buttered 9" x 13" pan. Bake 350° for seven minutes.

Mix and spread remaining ingredients on bottom part. Sprinkle with ¾ cup pecans. Cook 15 minutes. Do not overbake. Cut while warm.

PINEAPPLE BROWNIES

Annie Gerber

- ¾ cup margarine
- 1½ cup brown sugar
- 3 medium eggs
- 1 tsp. vanilla
- 1½ cup stirred but unsifted all-purpose flour
- ¼ cup cocoa
- 1 tsp. baking powder
- ½ tsp. salt
- ½ tsp. cinnamon
- ½ cup well drained crushed pineapple
- 1 cup chopped walnuts (or other nuts)

Into beater bowl measure the margarine and brown sugar and beat on "high" until creamy. Add eggs and vanilla, beat, then scrape down sides and continue beating until well blended. Now turn beaters on "low" and measure and add flour. As you measure the cocoa, add it and continue adding while beating on "low", the baking powder, salt, cinnamon, pineapple and nuts. You will have to scrape down sides of bowl once or twice. This results in a lovely batter.

Grease or oil a 9" x 13" x 2" pan and turn batter in. Smooth top. Bake at 375° 22 to 25 minutes. Watch it. Do not overbake. Cut into squares from pan to serve.

Note 'Maureen' prefers these brownies be iced and suggests using a little bit of pineapple juice as the liquid in the icing.

RAINBOW SLICES

Hendrika DeVries

- 30 lrg. coloured marshmallows **OR**
- ½ bag small
- 2 oz. semi-sweet chocolate
- ¾ cup icing sugar
- ⅔ cup chopped walnuts
- 1 egg
- ½ cup coconut

Melt chocolate. Beat egg, icing sugar and mix in chocolate. Cut marshmallows and add to egg mixture. Chill. Shape into rolls. Cut and add nuts. Roll in coconut. Chill.

RAINBOW SQUARES

Hilda Ruston

- ½ cup butter
- 2-6 oz. packages butterscotch chipits
- 1 cup peanut butter
- 1 cup coconut
- ½ cup chopped walnuts
- 1 bag coloured miniature marshmallows

Melt butter and chipits in double boiler. Add remaining ingredients. Put in 9" x 13" pan. Refrigerate and cut in 1" squares.

RASPBERRY BARS

Sherry Wilker

Bottom layer:

- 1¼ cup flour
- ½ cup butter
- ¼ cup sugar
- ¼ cup raspberry jam or preferred flavour

Combine first three ingredients. Mix together and press into 9" x 13" greased pan. Spread jam evenly over top.

Top Layer:

- 2 eggs
- 1 cup sugar
- 2 cups shredded coconut
- 1 tsp. vanilla
- ½ tsp. baking powder
- 1 tbsp. flour

Beat eggs until frothy and add sugar, coconut, vanilla, baking powder and flour. Stir mixture well. Spread over top jam layer. Bake at 350° for 30 minutes.

RICE KRISPIES SQUARES

- 1 cup corn syrup
- 1 cup white sugar

Heat until just hot, add:

- 1 cup peanut butter

Take off heat and add:

- 6 cups rice krispies

Mix and put in pan. Top with 6 oz. package chocolate chipits melted with 1 tbsp. butter. Spread on top and refrigerate.

SUMMER LEMON SQUARES

Olive Wilker

- 24 graham wafers
- ½ tin Eagle Brand sweetened milk
- juice of 1 lemon

Line bottom of 8" cake pan with whole wafers. Combine milk and lemon juice and spread over wafers. Top with remaining wafers and ice with butter icing. Chill for four hours and cut into squares.

TURTLE SQUARES

Barb Boyes

- 1 cup all-purpose flour
- ¾ cup brown sugar, divided
- ¼ cup and
- ⅓ cup unsalted butter at room temperature
- ½ cup pecan halves
- Pinch salt
- ½ cup semi-sweet chocolate chips

Place flour, ½ cup brown sugar and ¼ cup butter in food processor, blend to fine crumbs. Pat evenly into ungreased 8" square pan. Sprinkle on pecan halves. Combine ⅓ cup brown sugar and salt in saucepan. Bring to boil and boil 20 seconds. Stir well to combine. Pour evenly over crust. Bake in 350° oven 20 minutes or until bubbly. Remove from oven and sprinkle with chocolate chips. When melted, swirl with knife. Cool. Cut into squares. Store in airtight container.

Makes 20 small squares.







BEEF DISHES

BARBEQUE SPOONED CORNED BEEF

Thelma Gilbert

- 12 oz. can corned beef
- 1 sm. onion chopped
- 3 tbsp. fat
- 1 cup ketchup
- hamburger buns

Fry the onion in hot fat in a skillet. Chop the corned beef and add to the onions. Add ketchup. Cook slowly and stir until blended. Spoon on bun. Serve with pickles.

CHILI CON CARNE

Vera Collins

- 1 lrg. onion
- 1½ lbs. hamburger
- 1 bunch celery
- 1 lrg. can tomatoes
- 1 can kidney beans
- 1 can spaghetti sauce
- 1 can mushrooms
- 1½ tsp. Mexican chili powder
- salt and pepper to taste

Cook for $\frac{3}{4}$ of an hour. You can always add more chili powder or put it on your dinner table.

CHINESE STYLE BEEF 'N' VEGETABLES

Mary Dench

- 1 lb. boneless round steak ($\frac{3}{4}$ " thick)
- ½ lb. sliced into 1" pieces
- 1 med. onion
- 1 garlic clove minced
- Generous dash of ginger
- 2 cups each broccoli, celery, green pepper
- 2 tbsp. salad oil
- 1 can cream of mushroom soup
- ¼ cup water

- 1 tbsp. soy sauce
- toasted sesame seeds (optional)
- cooked rice

Slice meat into very thin strips. In frying pan, cook carrots and onion with garlic and ginger in oil for three minutes, stirring constantly. Add vegetables, cook two minutes until just tender. Push vegetables to side of pan. Add beef. Cook until colour changes. Add soup, water and soy sauce. Heat, stirring occasionally. Garnish with sesame seeds. Serve over rice. Serves 4

CUBED STEAK PIZZAIOLA

Bonnie Falconer

- 2 tbsp. oil
- 4 cubed steaks
- garlic
- 1-16 oz. can tomatoes, cut up
- 1 tsp. oregano
- ½ tsp. salt
- ⅓ tsp. pepper

In large skillet in hot oil, brown steaks quickly. Remove from skillet, set aside. Reduce heat. Sauté garlic in pan drippings 3-5 minutes or until golden brown. Stir in remaining ingredients. Bring to a boil. Return steaks to skillet. Cover and simmer 5 minutes to blend flavours and heat through.

HOT AND SPICY CHILI

Bev Cantelon

- 2 lbs. ground beef
- 2-15½ oz. cans hot chili beans or red kidney beans
- 1-28 oz. can tomatoes, cut up
- 2 lrg. onions chopped
- 1 green pepper chopped
- 3 garlic cloves minced
- 3 tbsp. chili powder
- 1 tsp. ground cumin

- 2 tbsp. sugar
- 1 tbsp. crushed red pepper
- 3 tbsp. wine vinegar

In a dutch oven, brown the ground beef, drain off excess fat. Add the undrained beans and tomatoes, the chopped onions, green pepper, garlic, chili powder, sugar, red pepper, vinegar and cumin. Cover and simmer the chili for 1 hour, stirring frequently to avoid scorching. Makes 6-8 servings.

MAGIC STEW

Bonnie Falconer

- 1-1½ lbs. stewing beef cut into 1" cubes
- 4-6 potatoes cut into cubes
- 2-4 carrots cut up into cubes
- 1 onion chopped fine
- 1 tbsp. sugar
- 2 tbsp. tapioca (thickener)
- salt and pepper to taste
- 1 cup tomato juice

In a 9" x 13" pan, layer meat in bottom of dish, vegetables next, sprinkle salt, pepper and tapioca over the top. Pour the tomato juice over. Preheat oven to 300°. DO NOT UNCOVER WHILE COOKING. Cover with foil.

MEATLOAF

Erie Wigglesworth

- ½ lb. ground beef
- ½ lb. sausage meat
- 1 cup bread crumbs
- 1 egg, slightly beaten
- 1 cup milk
- ¼ tsp. pepper
- ½ tsp. salt
- 1 tbsp. sugar
- 1 onion, minced

Bake at 400° for one hour.

Glaze (Optional): when finished, turn out on cookie sheet and cover with the following:

1 tbsp. each brown sugar, pickle juice or vinegar, ketchup,
mustard, Kraft Russian or Catalina dressing

Return to oven for 15 minutes at 350°

ROULADON

Maria Zubura

round steak
bacon strips
onion
salt and pepper
garlic salt

$\frac{3}{4}$ cup water

Cut steak into thin strips. Place a strip of bacon on the centre of each strip of steak and add onion and seasonings. Roll up meat and secure with a toothpick. Place in casserole dish and add more onion and bacon. Add water and bake for 2 hours at 350°, turning $\frac{1}{2}$ hour before serving.

SLOPPY JOES

Anonymous

1 $\frac{1}{4}$ lbs. ground beef
2 tbsp. chopped onion

Brown together in frying pan.

Add:

1 tbsp. brown sugar
2 tbsp. prepared mustard
 $\frac{3}{4}$ tsp. salt
1 tbsp. worchestershire sauce
 $\frac{1}{2}$ cup ketchup
 $\frac{1}{2}$ cup water

Simmer for 20 minutes. Covers 8 hamburg bun halves. Serve with potato chips and carrot and celery sticks.

SWEDISH MEAT BALLS

Pat Holden

- 1 egg, beaten
- $\frac{3}{4}$ cup milk
- 4 bread slices, day-old, crumbled
- 1 tsp. salt
- $\frac{1}{8}$ tsp. pepper
- $\frac{1}{2}$ tsp. nutmeg
- 1 tsp. onion, minced
- $\frac{1}{2}$ lb. ground chuck
- 3 med. onions, thinly sliced
- $\frac{1}{3}$ cup fat or salad oil
- 2 tbsps. flour
- 1 tsp. salt
- $\frac{1}{8}$ tsp. pepper
- 2 cups milk

Heat oven to 350°. Combine egg, milk and bread; let stand 5 minutes. With fork, beat until bread is in fine pieces. Stir in next 5 ingredients. In skillet, sauté sliced onion in some of fat until golden and tender; set aside on paper towels. From teaspoon, drop some of meat, in rounded balls, into fat in skillet, brown quickly. Remove to 1 quart casserole. Repeat til all meat is browned, adding fat as needed. Stir flour, salt, pepper, into fat left in skillet. Add milk slowly; stir constantly until thickened. Pour over meat balls; top with sautéed onion. Bake, covered, until bubbling hot.

SWEET & SOUR CABBAGE BEEF

Brenda Kitching

- 1 egg
- 1 lb. ground beef
- $\frac{1}{2}$ cup minute rice
- $\frac{1}{4}$ tsp. carlic salt
- 1 can tomato soup or sauce
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup lemon juice

1/3 cup brown sugar
1 head of cabbage (shredded)

Mix first four ingredients and form into meatballs. Mix next four ingredients in pan and bring to boil. Simmer meatballs in sauce until cooked. Place shredded cabbage on top of meatballs and sauce and simmer 10 minutes or until cabbage is cooked. Stir cabbage through meat mixture and serve.

SWEET & SOUR MEATBALLS

Rita Verellan

1 1/2 lbs. hamburger
1/2 cup milk
1/2 cup soda cracker crumbs
1 egg, beaten
salt and pepper to taste

Mix together and shape into balls. Brown in frying pan and place in casserole dish.

Sauce:

1 sm. onion chopped
1 cup ketchup
1/2 cup water
3 tbsp. brown sugar
4 tbsp. vinegar
2 tbsp. worchestershire sauce

Bring to boil, pour over meatballs. Bake at 300° for one hour.

SWISS STEAK

The Art of Cooking & Serving, 1930

2 lbs. beef, round
1/2 cup flour
1/2 tsp. salt
1/8 tsp. pepper
1 sm. onion, chopped
2 tbsp. Crisco
1/4 cup chopped green pepper

- 1 cup stewed or canned tomatoes
- 1 cup boiling water

Wipe meat with a clean damp cloth. Cut in 2" square pieces. Mix flour, salt and pepper together. Pound flour into the meat with a wooden potato masher. Brown onion and meat in Crisco. Add green pepper, tomatoes and water. Cover and cook slowly 2 hours or until meat is tender. The stock may be thickened more with a little flour mixed to a smooth paste with cold water.

YORKSHIRE STEAK

Lynda Romanick

- 1 lb. ground beef
- 1 tsp. salt
- ¼ tsp. pepper
- ½ tsp. poultry seasoning
- ½ cup milk or tomato juice
- ½ cup onions chopped
- 2 tbsp. melted butter
- 2 eggs
- 1 cup milk
- 1 cup flour
- ½ tsp. baking powder
- ¼ tsp. salt

Mix first five ingredients and spread in 8" pan. Cover with onions and butter. Bake at 450° for 10 minutes. While baking, beat eggs, add milk, stir in flour, baking powder and salt. Beat until smooth. Break up meat slightly and pour batter on top. Bake another 30 minutes or until done. Cut into squares and serve with hot tomato sauce.



BEVERAGES

BAILEY'S

Sheila Salter

- 1 cup rye
- 1 cup $\frac{1}{2}$ and $\frac{1}{2}$ cream
- 1 can Eagle Brand
- 3 eggs
- 1 tbsp. chocolate syrup

Mix in blender. Use in seven days

FRUIT PUNCH

Luanna Gravelle

- 1-48 oz. pineapple or grapefruit juice
- 1-26 oz. bottle Collins mix
- 2-26 oz. bottles gingerale
- 1 small jar mnarashino cherries; add juice as well
- 1-12 oz. frozen orange juice
- 1-12 oz. frozen lemonade
- fruit sugar to taste.
- ice

GRAPE WINE

Vera Collins

- 48 ozs. Welch's grape juice
- 24 ozs. cranberry juice
- 4 cups "cold" water
- $\frac{1}{4}$ tsp. granulated yeast

Mix all and put in gallon jugs. Put a balloon over each jug. Set for 21 days and bottle. Put jugs of wine where you can see them. Watch the balloons blow up and down as the wine is worked.

LEMONADE SYRUP BASE

- 2 cups sugar
- $\frac{1}{2}$ water
- 2 cups lemon juice (juice from concentrate)

In medium saucepan, combine sugar and water. Over low heat, cook until sugar dissolves, stirring occasionally. Add lemon juice. Cool. Store covered in refrigerator.

For one (8 oz.) serving, pour $\frac{1}{3}$ cup syrup in glass. Add water and ice. Stir.

For one quart; $1\frac{1}{3}$ cup syrup, $2\frac{2}{3}$ cups cold water. Stir. Add ice.

PINA COLADA SLUSH

Karen Matheson

- 1½ cups water
- ½ cup sugar
- 2 cups pineapple juice
- 1 can frozen orange juice concentrate (6 oz.)
- 1 can cream of coconut(available at A&P)
- 3 ripe bananas, pureed
- soda water or gingerale

In a large bowl, combine water and sugar. Microwave on high for 5-6 minutes until sugar is dissolved, stirring once. Add juices, stirring until orange juice is thawed. Blend in cream of coconut and bananas. freeze until slushy. To serve, combine equal parts soda water or gingerale.

STRAWBERRY PUNCH

Brenda Kitching

- 2-10 oz. pkg. frozen strawberries
- 1-6 oz. can frozen lemonade
- 1 bottle rosé wine
- 2-750 ml. bottles gingerale
- 1-750 ml. soda water
- ¼ cup sugar

Mix berries and frozen lemonade in blender. Mix with remaining ingredients in punch bowl.

BREADS

BANANA LOAF

Mary Dench

- 1¾ cups flour
- ½ tsp. baking soda
- 1½ tsp. baking powder
- ¾ tsp. salt
- 2 tsp. grated orange rind
- 1 egg, beaten
- ¼ cup oil
- ½ cup milk
- 1 cup mashed banana

Measure and sift together the first five ingredients into a bowl. Combine remaining ingredients and stir into dry mixture. Pour into a greased 9" x 5" loaf pan. Bake at 350° for 50 minutes.

BISCUITS SUPREME

Marilyn Herman

- 2 cups all purpose flour
- 4 tsp. baking powder
- ½ tsp. salt
- ½ tsp. cream of tartar
- 2 tsp. sugar
- ½ cup shortening
- ⅔ cup cream or half and half

Sift together flour, baking powder, salt, cream of tartar, and sugar. Cut in shortening till mixture resembles coarse crumbs. Add milk all at once; stir only till dough follows fork around bowl. Turn out on lightly floured surface. Knead gently half a minute. Pat or roll ½" thick. Cut with biscuit cutter. Bake on ungreased cookie sheet in hot oven (450°) 10 to 12 minutes. Makes 16 medium biscuits.

CHERRY LOAF

Brenda Kitching

- ¾ cup white sugar
- 2 tbsp. butter
- 1 egg
- 2 cups all purpose flour

- 2 tsp. baking powder
- 1 bottle maraschino cherries (drain liquid into cup and add milk to make full cup)
- ¼ tsp. almond flavouring

Cream butter and sugar together, then add remaining ingredients. Mix well and bake at 350° for one hour.

CRANBERRY LOAF

Doris Wolfgram

- ½ cup shortening
- 2 cups white sugar
- 2 eggs
- 1 tbsp. grated orange rind
- 1 cup orange juice
- 4 cups unsifted all purpose flour
- 2 tsp. salt
- 1 tbsp. baking powder
- 1 tsp. baking soda
- 1-14 oz. can cranberry sauce **OR**
- 1¾ cups homemade cranberry sauce
- 1 cup chopped nuts

In beater bowl, cream together the shortening and sugar. Beat in the eggs and orange rind. Stir in the orange juice. Add flour, salt, baking powder and baking soda. Beat until thoroughly combined. Carefully stir in the cranberry sauce trying not to break up berries. Fold in nuts. Pour into two greased, triple waxpaper lined, standard loaf pans and place them on a cookie sheet. Bake at 350°F for 50 to 55 minutes. Remove from oven. Cool on racks 30 minutes then remove from pans. Carefully peel off waxpaper and let cool completely. Wrap in plastic bags. Freeze one loaf if desired.

DATE LOAF

Erie Wigglesworth

- 1 lb. dates chopped
- 1 tsp. soda
- 2 cups boiling water
- 2 tbsp. butter

- 1 cup white sugar
- 2 eggs
- walnuts or cherries (optional)
- 2½ cups flour
- 1 tsp. baking powder

Add soda to boiling water and pour over chopped dates. Stir and let stand. Cream together butter, sugar and eggs. Add walnuts if using. When dates have cooled, add butter mixture to them. Add flour and baking powder. This makes a large loaf or two small loaves. Bake in slow oven 300-350° for 1-1½ hours.

EASY DROP DANISH

Karen Schmidt

- ¼ cup margarine
- 3 tbsp. sugar
- 2 cups Bisquick
- ⅔ cup milk
- ¼ cup preserves or jam

Mix margarine, sugar and Bisquick mix until crumbly, stir in milk until dough forms, beat 15 strokes. Drop by rounded tablespoon 2" apart on cookie sheet. Make shallow well in centre of each with back of spoon and fill with 1 tsp. jam. Bake until golden brown 10-15 minutes at 425°. While warm (not hot) drizzle with glaze.

Glaze

- ⅔ cup icing sugar
- 1 tbsp. warm water
- ¼ tsp. vanilla

Beat together and drizzle over warm danish

FRUIT LOAF

Laurine Switzer

- 1 cup brown sugar
- ¼ cup shortening
- ½ tsp. salt
- 1 cup milk

3 cups flour
 2 tsp. baking powder
 1 tsp. vanilla
 1 tsp. almond flavour
 1 cup cherries
 1 cup coconut

Beat eggs, sugar, salt and shorteing until light. Add milk, cherries, etc. Beat until blended. Turn into buttered pan 9" x 5" x 3". Bake one hour at 300°.

HOWARD'S BROWN TEA SCONES

Hanna Goodmundson

½ lb. Howard's Brown Bread Mix
 1 oz. margarine or shortening
 ½ oz. sugar (1 tbsp. U.S. measure)
 Dash nutmeg
 4 oz. water (½ cup U.S. measure)

Pre-heat oven to 425°F. Empty Mix into bowl. Add shortening and with a knife, chop into the Mix. Rub in lightly with finger-tips. Bloen nutmeg and sugar and mix in well. Add water all at once and blend into a soft dough with a knife or wooden spoon. Turn on to floured board and knead very lightly. Pin out dough to about ¾" thickness. Cut into desired shapes and sizes and brush top of scones with a little beaten egg and milk or water. Place on an ungreased baking sheet or tray and bake for about 15 minutes or until golden brown. Cool on a wire tray.

LEMON LOAF

Laurine Switzer

½ cup butter
 2 eggs
 ½ cup milk
 grated rind of 1 lemon
 1 cup sugar
 1½ cups flour
 1 tsp. baking powder
 juice of 1 lemon and ¼ cup sugar. Boil to put on top of
 baked lemon loaf.

Cream butter and sugar, add eggs and blend. Add dry ingredients with milk. Stir in lemon rind. Bake in greased loaf pan at 325° for 30 minutes and 350° for second 30 minutes. Remove from oven and pour lemon juice over top of loaf. Remove from pan.

ORANGE CARROT LOAF

Laurine Switzer

3 cups flour
2½ tsp. soda
2½ tsp. cinnamon
1 tsp. salt
2 cups sugar
1¼ cups cooking oil
3 eggs
2 tsp. vanilla
1-11 oz. can mandarin oranges and juice
2 cups grated carrots

Sift dry ingredients. Beat sugar, oil and eggs in large bowl. Add vanilla, oranges, carrots and blend well. Add sifted ingredients, mix well. Bake in two loaf pans (greased) at 350° 45-55 minutes.

RAISIN BREAD

Debbie Duquette

2 cups all-purpose flour
½ tsp. salt
1 tsp. baking powder
2 tbsp. butter
2 tbsp. honey
2 eggs, beaten
Raisins; handful or as much as you like
buttermilk; enough to moisten but not enough to pour
batter
1 tsp. cinnamon

Put into greased loaf pan. Bake at 400°F for ¾ hour.

RITA'S COUNTRY TEA BISCUITS

Rita DeVries

- 2 cups all purpose flour
- 2 tsp. cream of tartar
- 1 tsp. baking soda
- ½ tsp. salt
- ½ cup Crisco shortening
- 1 cup buttermilk

In large bowl, stir together flour, cream of tartar, soda and salt. Cut in shortening until mixture is crumbly. Gradually pour in buttermilk, stirring with fork to form soft dough. Roll or pat dough to 1" — 1½". Using biscuit cutter or glass, cut dough into 12 round biscuits. Bake on floured baking sheet at 400 — 425°F for twelve minutes or until well risen and golden brown. Serve fresh and hot. Makes 12.

I always double my recipe and freeze some or give away some.

To keep from getting too dark on bottom, I put an extra cookie sheet under pan. I put my biscuits close together so they don't get too dark.

Great with stew or with homemade strawberry or rhubarb jam.

TANGERINE LOAF

Pat Sabourin

- 1¾ cup flour
- 1 tbsp. baking powder
- ½ tbsp. baking soda
- 1 tsp. salt
- ¾ cup white sugar
- ⅓ cup melted margarine or butter
- 1 egg
- ¾ cup orange juice
- 2 tbsp. orange peel, grated
- 1 cup raisins

Grease loaf pan. Sift flour, baking powder, salt, baking soda and sugar. Beat egg with butter, juice and peel. Blend liquid into dry ingredients. Beat ½ minutes. Fold in raisins. Bake 50-60 minutes at 350°.

Glaze

¼ cup sugar
2 tbsp. orange juice and peel

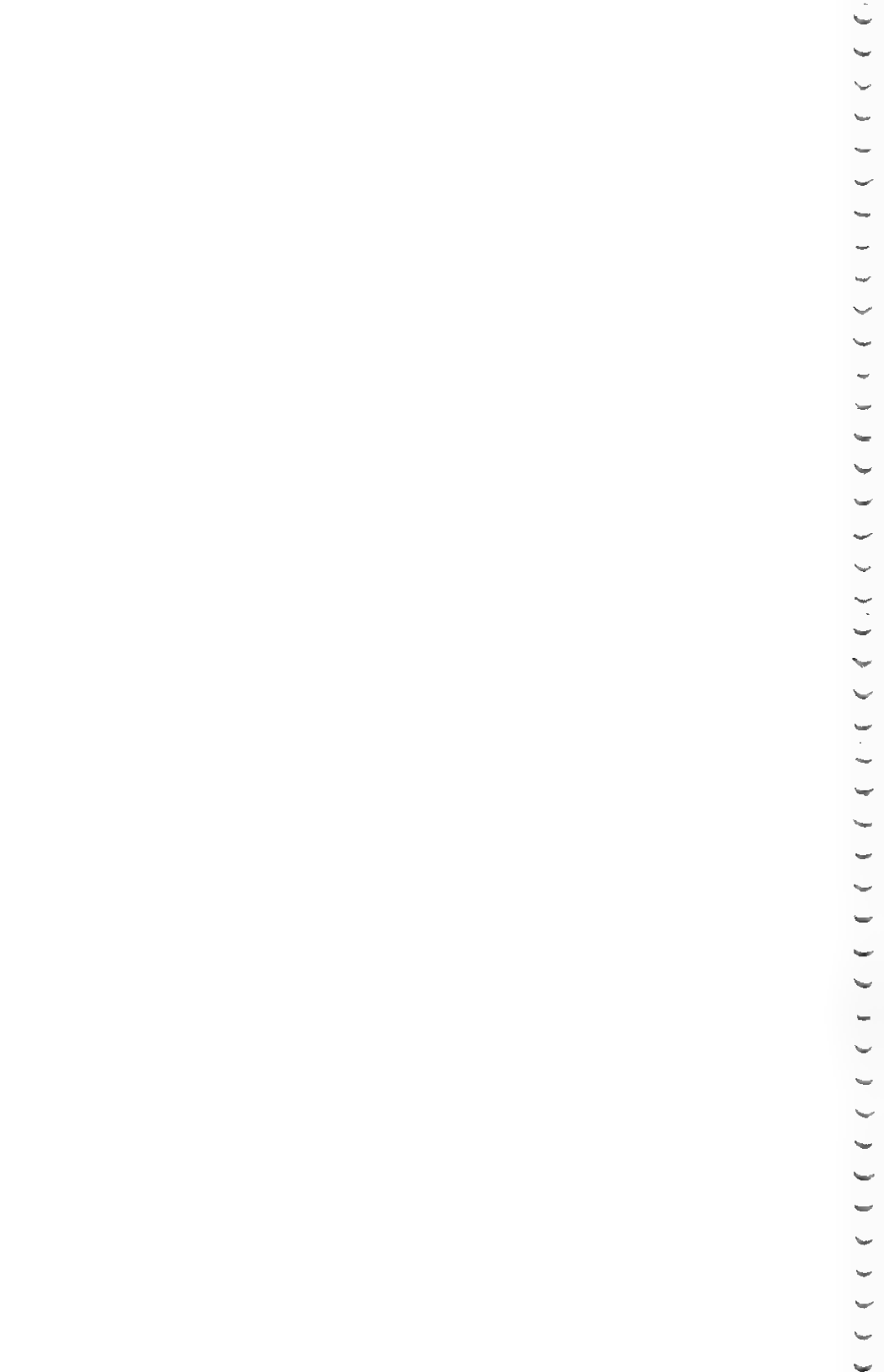
Great at Christmas time. Freezes well.

TEA BISCUITS

Brenda Kitching

2 cups flour
¼ cup shortening
1 tsp. salt
1 cup sour milk
2 tsp. baking powder
½ tsp. baking soda

Mix flour, shortening, salt, baking powder and soda. Moisten with sour milk, mixing with fork. Knead lightly on floured board. roll to ¾" thickness. Cut into shape. Bake 10 to 15 minutes at 400°.



CAKES

AMAZIN' RAISIN CAKE

Karen Ball

- 3 cups flour
- 2 cups sugar
- 1 cup Hellman's Real Mayonnaise
- ⅓ cup milk
- 2 eggs
- 2 tsp. baking soda
- 1½ tsp. ground cinnamon
- ½ tsp. ground nutmeg
- ½ tsp. salt
- ¼ tsp. ground cloves
- 3 cups chopped, peeled apples
- 1 cup seedless raisins
- ½ cup coarsely chopped walnuts

Grease and flour two 9" round baking pans. In a large bowl, with mixer at low speed, beat first ten ingredients for two minutes, scraping bowl frequently. Stir in apples, raisins and nuts. Pour into pans. Bake at 350° for 45 minutes or until tester inserted in centre comes out clean. Cool in pans for ten minutes. Remove. Cool. Fill and frost with two cups of whipped cream or the icing of your choice.

ANGEL FOOD CAKE TOPPING AND FILLING *Jean Ballantyne*

- ½ cup red maraschino cherries chopped
- 1 cup crushed pineapple drained

Mix and chill

Dissolve one Knox's or Davis gelatine in ¼ cup water. Set aside.

Boil:

- ¼ cup water
- ½ cup pineapple juice
- ½ cup white sugar

Add gelatine mixture and set in fridge. When it starts to gel, add fruit mixture. Then fold in 2 cups whipped cream. Fills three layers.

APPLE KUCHEN

Nellie Tiemens

- ½ cup butter or margarine, softened
- 1 package yellow cake mix
- ½ cup flaked coconut
- 1-20 oz. can sliced apple pie filling **OR**
- 2½ cups sliced, pared, baking apples
- ½ cup sugar
- 1 tsp. cinnamon
- 1 cup dairy sour cream
- 2 egg yolks **OR**
- 1 egg

Heat oven to 350°F. Cut butter into cake mix until crumbly, mix in coconut. Pat mixture lightly into ungreased 13" x 9" x 2" pan, building up slight edges. Bake ten minutes. Arrange sliced apple slices on warm crust. Mix sugar and cinnamon. Sprinkle on apples. Blend sour cream and egg. Drizzle over apples. Topping will not completely cover apples. Bake 25 minutes or until edges are light brown. Do not overbake. Serve warm. Serves 12 to 15.

BANANA CAKE

Beth Rodgers

- 2½ cups cake flour
- 1⅔ cups sugar
- 1¼ tsp. baking soda
- 1¼ tsp. baking powder
- 1 tsp. salt

Sift above together and add to it:

- ¾ cups soft shortening
- ⅓ cups buttermilk
- 3½ ripe bananas

Beat until smooth. Now add:

- ⅓ cup buttermilk
- 1 egg

Beat two minutes longer. Beat four egg whites until stiff. Fold whites into batter (add $\frac{2}{3}$ cups chopped walnuts if you like). Pour into waxed paper bottomed tins.

Layers 30-35 minutes, 350°

Oblong 45 minutes, 350°

Do not overcook.

BANANA CAKE

Hilda Ruston

- 2 cups sifted flour
- 1½ tsp. baking powder
- 1 tsp. baking soda
- ¼ tsp. salt
- 1⅓ cup sugar
- ½ cup shortening
- ½ cup sour milk or buttermilk or ½ cup sweet milk soured with ½
 tbsp. vinegar
- 1 cup mashed bananas
- 2 eggs, unbeaten
- 1 tsp. vanilla

Sift flour, baking powder, soda, salt and sugar into mixing bowl. Add soft shortening, ¼ cup of milk, mashed bananas. Mix until flour is dampened. Beat two minutes at low speed. Add eggs, rest of milk and vanilla. Beat for one minute. Spread evenly in 9" x 13" pan. Bake at 350° 35-45 minutes. Cool for five minutes. Top with crunchy topping.

Crunchy Topping

- ¼ cup butter or margarine
- ¾ cup brown sugar
- 1½ tbsp. cream or whole milk
- ½ cup coconut
- ¼ cup chopped nuts

Cream butter and brown sugar. Add cream or milk, beat until smooth. Add coconut and chopped nuts. Spread evenly on hot cake. Place under preheated broiler. Broil until sugar is bubbly and topping is deliciously browned.

BEST RUM CAKE

Sally Lynch

- 1 or 2 quarts of rum
- 1 cup butter
- 1 tsp. sugar
- 2 lrg. eggs
- 1 cup dried fruit
- baking powder
- 1 tsp. soda
- lemon juice
- brown sugar
- nuts

Before you start, sample the rum to check for quality. Good isn't it? Now go ahead. Select a large mixing bowl, measuring cup, etc. Check the rum again. It must be just right. To be sure the rum is of the highest quality, pour one level cup of rum into a glass and drink it as fast as you can. Repeat.

With an electric mixer, beat 1 cup of butter in a large fluffy bowl. Add 1 seaspoon of thugar and beat again. Meanwhile, make sure that the rum is of the finest quality. Try another cup. Open the second quart if necessary. Add 2 arge leggs, 2 cups fried druit and beat till high. If druit gets stuck in beaters, just pry it loose with a drewscriver. Sample the rum again, checking for tonsisticity. Next sift 3 cups of pepper or salt (it really doesn't matter). Sample rum again. Sift ½ pint of lemon juice. Fold in chopped butter and strained nuts. Add 1 babblespoon of brown thugar or whatever colour you can find. Wix mel. Grease oven and take cake pan to 350 gredees. Now pour the whole mess into the coven and ake. Check the rum again and bo to ged.

CARROT CAKE

Anonymous

- 2 cups white sugar
- 1 tsp. salt
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1½ tsp. baking powder
- 1½ cup oil

Mix together

Add

4 eggs

Mix together with above ingredients.

Add

2 cups flour

1¼ cups crushed pineapple

2 cups grated carrot

1 cup chopped nuts (optional)

Grease and flour two 8" square pans. Bake at 350° approximately 50-60 minutes or until top springs back. Cool

Icing

4 oz. cream cheese

4 oz. butter or margarine

2 cups icing sugar

1 tsp. vanilla

Whip with mixer until fluffy.

CARROT CAKE

Betty Saunders

2 cups white sugar

1½ cups Crisco oil

4 eggs

2 cups grated carrots

Mix these four ingredients well.

Add

2 cups flour

2 tsp. baking powder

2 tsp. baking soda

2 tsp. cinnamon

½ cup walnuts (chopped)

1 small can crushed pineapple, drained

Mix dry ingredients, add pineapple and walnuts. Bake in a buttered pan at 350°F for 55-60 minutes. Cake browns quickly. Cool.

Icing

- 2 cups icing sugar
- 4 tbsp. butter or margarine
- 1 package Philadelphia Cream Cheese
- 1 tsp. milk

Beat until smooth and spread on cake.

CARROT CAKE

Debbie Duquette

- 1½ cups oil
- 1¾ cups sugar
- 4 eggs
- 2½ cups all-purpose flour
- 2 tsp. baking powder
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 3 cups shredded carrots
- 1 cup crushed pineapple, drained **OR**
- 1 cup chopped walnuts

Grease 9" x 13" pan. Beat together oil, sugar and eggs (one at a time). Sift together dry ingredients and stir into the mixture. Add carrots, pineapple or nuts. Pour into pan. Bake at 350°F for 50-60 minutes. Cool in pan for ten minutes. Ice with cream cheese icing or have plain.

Cream Cheese Icing

- 1-125 g. package cream cheese, softened
- 2 tbsp. milk
- 1 tsp. vanilla
- 2 cups icing sugar

Beat cream cheese, blend in milk, vanilla. Gradually add sugar until smoothly blended. Refrigerate ten minutes to stiffen before spreading on cake.

CHOCOLATE BANANA CAKE

Sharon Krauskopf

- $\frac{2}{3}$ cup milk
- $\frac{3}{4}$ cup butter
- 2 eggs
- 1 tsp. vanilla
- $\frac{3}{4}$ cup cocoa
- 1 tsp. baking soda
- 1 tbsp. vinegar
- $1\frac{2}{3}$ cup sugar
- $1\frac{1}{4}$ cup pureed bananas
- 2 cups flour
- $1\frac{1}{2}$ tsp. baking powder
- $\frac{3}{4}$ tsp. salt

Combine milk with vinegar and set aside. Cream together butter, sugar and eggs. Stir in bananas and vanilla. Sift together the flour, baking powder, baking soda and salt. Add dry ingredients to creamed mixture alternately with soured milk. Divide batter between two greased and floured 9" round layer cake pans. Bake at 350°F for 40 – 45 minutes. Cool ten minutes in pans before turning out on wire racks. Cool completely before frosting.

Chocolate Banana Frosting

- $\frac{1}{4}$ cup melted butter
- $\frac{1}{2}$ cup cocoa
- 2 tbsp. milk
- 3 cups sifted icing sugar
- $\frac{1}{4}$ cup pureed bananas
- $\frac{1}{2}$ tsp. vanilla

Combine melted butter with cocoa and blend in bananas, milk, vanilla and icing sugar until smooth. This recipe is very good.

CRATER CAKE

Anonymous

This Cola cake contains tiny marshmallows that rise to the top and melt while cake bakes, leaving crusty little craters. May be iced if desired or eaten as is.

- 2 cups all-purpose flour
- 2 cups granulated sugar
- 1 cup butter or margarine
- 3 tbsp. cocoa
- 1 cup cola carbonated beverage
- ½ cup buttermilk
- 2 eggs, beaten
- 1 tsp. baking soda
- 1 tsp. vanilla
- ½ tsp. salt
- 2 cups miniature marshmallows

Preheat oven to 350°F. Measure flour and sugar into mixing bowl. Stir. Put butter, cocoa and cola into saucepan over medium heat. Stir and bring to a boil. Pour over flour-sugar mixture. Mix well. Add buttermilk, beaten eggs, baking soda, vanilla and salt. Stir to combine. Mix in marshmallows. Spread in greased 9" x 13" pan. Bake in oven for about 35 to 40 minutes until an inserted wooden pick comes out clean. Cool and ice with Cola Frosting.

Cola Frosting

- ¼ cup butter or margarine
- 3 tbsp. cocoa
- ⅓ cup cola carbonated beverage
- 2 cups icing (confectioner's) sugar
- ½ cup chopped pecans or walnuts
- 1 tsp. vanilla

Combine butter, cocoa and cola in medium saucepan. Heat over medium heat to the boiling point. Remove from heat. Stir in icing sugar, pecans and vanilla. Add more cola or icing sugar as needed to make a not too thick icing. Pour over warm cake. Makes about 1½ cups.

CRUMB CAKE

Linda Seguin

- 1 egg, beaten
- ¼ cup butter
- 1 cup brown sugar
- 1 cup buttermilk or sour milk
- 1½ cup flour

- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. vanilla
- cinnamon

Crumbs

- 1 cup brown sugar
- ¼ cup butter
- ½ cup flour

Cream butter, add sugar and beaten egg. Sift dry ingredients. Add dry ingredients, alternating with milk and vanilla. Pour batter into square, greased pan and spread crumbs lightly over top. Bake 350°F 45 minutes.

CRUMB CAKE

Thelma Gilbert

- 2 cups brown sugar
- ½ cup butter
- 1 tsp. nutmet
- 1 tsp. cinnamon
- 2 cups flour
- 1 egg
- 1 cup sour milk
- 1 tsp. baking soda
- ¼ tsp. salt

Sift flour with sugar, salt, nutmeg and cinnamon. Cut in butter. Save ½ cup of mixture. Add to remainder, beaten egg, sour milk, bading soda. Turn into shallow pan and sprinkle with the ½ cup of dry mixture (no icing needed). Bake in moderate oven of 350° for 25 to 40 minutes.

DATE AND RUM CAKE

Peg Carson

- 1½ cup brown sugar
- ¾ cup butter
- 1 lb. dates
- 1 tsp. soda
- 1 cup boiling water
- 2 eggs, well beaten
- 1 cup flour and no more

- 1 cup walnuts and a little salt
- 1 tsp. rum flavouring

Add boiling water to dates and soda. Mix butter and brown sugar together. Add eggs. Combine with dates in boiling water. Add remaining ingredients. Bake at 300° for one hour.

DEEP DARK CHOCOLATE CAKE

Kim Miller

- 1¾ cups flour
- 2 cups sugar
- ¾ cup cocoa
- 1½ tsp. baking soda
- 1½ tsp. baking powder
- 1 tsp. salt
- 2 eggs
- 1 cup milk
- ½ cup vegetable oil
- 2 tsp. vanilla
- 1 cup boiling water

Combine dry ingredients in a large bowl. Add eggs, milk, oil and vanilla. Beat with electric mixer for two minutes at medium speed. Stir in boiling water. Batter will be thin. Pour into a greased and floured 9" x 13" pan. Bake at 350°F for 35 to 40 minutes. Cook cake then frost with chocolate icing.

* To make this cake extra rich, try putting a chopped up Mars bar into batter before putting in pan.

DUTCH APPLE CAKE

Linda Seguin

- 2 cups flour
- 3 tsp. baking powder
- ½ tsp. salt
- 3 tbsps. sugar
- ¼ cup butter
- 1 egg
- ⅓ cup milk

2-3 cups apples, sliced
1/2 cup sugar mixed with 1 tsp. cinnamon

Sift first four ingredients. Work in butter. Beat egg and milk and stir into dry ingredients. Spread dough in greased 8" x 8" pan. Cover with rows of apples, pressing sharp edge of pieces of apple into dough. Sprinkle with sugar and cinnamon mixture. Bake 30 minutes at 350°F. Serve warm with ice cream or whipped cream.

FROZEN BROWNIE CREAMCAKE

Pat Holden

Brownie Layer:

3/4 cup sugar
1/2 cup butter
1/2 cup all purpose flour
1/2 cup cocoa, sifted
1/2 tsp. baking powder
1/4 tsp. salt
2 eggs

For Brownie Layer: grease bottom of 9" springform pan. Place all ingredients in large mixer bowl. Beat at low speed just until blended, scraping bowl occasionally. Spread in pan. Bake at 350° for 25-30 minutes. Do not overbake. Cool.

Frozen Cream Layer:

1-250 g package Philadelphia cream cheese, softened
1/4 cup corn syrup
1 l (4 cups) premium quality vanilla ice cream, slightly softened
1 cup chocolate sundae sauce.

Beat cream cheese and corn syrup until smooth. beat in ice cream at low speed until well blended. Pour 1/2 over Brownie base. Spread 1/3 cup of sauce over top. Spoon on remaining ice cream mixture, smooth. Cover with plastic wrap and freeze until firm (overnight). To serve, decorate cake with sundae sauce and allow cheesecake to sit at room temperature about ten minutes before cutting with a hot, wet knife. Serve with remaining sundae sauce. Serves 12-14. A lovely, special dessert!

GUMDROP CAKE

Eva Parker

- ½ cup butter
- 1 cup white sugar
- 2 eggs, well beaten
- ¾ cup sweet milk
- 1 cup raisins, washed and drained (put a little flour with raisins and gumdrops)
- 1 lb. gumdrops (no black)
- ½ cup walnuts
- 2 cups flour
- 2 tsp. baking powder
- Pinch soda
- ¾ tsp. salt
- 2 tsp. oil of lemon

Combine flour, baking powder, soda and salt. Mix all ingredients together. Bake in two loaf pans at 300° for 1 hour or less until golden brown. (Put pan of water under pans on bottom rack.) This is a very moist cake.

HOWARD'S BROWN FRUIT CAKE

Hanna Goodmundson

- 1 lb. ~~Howard's Brown Bread Mix~~
- 6 oz. sultana raisins (1 cup U.S. measure)
- 1½ oz. mixed peel (¼ cup U.S. measure)
- 1 oz. sugar (2 tbsp. U.S. measure)
- ¼ tbsp. ground nutmeg
- 8 oz. water (1 cup U.S. measure)

Pre-heat oven to 425°F. Empty mix into bowl. Add raisins, mixed peel, nutmeg and sugar. Mix well together. Add water all at once and blend into a soft dough with a knife or a wooden spoon. Turn into a well greased 9" tin. Smooth top of dough with a damp knife and cut across from side to side. Place dough in oven. reduce temperature to 400° and bake for about 40 minutes or until golden brown.

ICEBOX CAKE

Luanna Gravelle

- ½ cup butter
- ½ cup graham wafer crumbs
- 2 eggs
- 1 cup sugar
- 1 cup cream
- 1 cup crushed pineapple

Place ½ wafer crumbs in bottom. Mix eggs, butter and sugar until fluffy. Put on top of crumbs. Whip cream and put on top of mixture. Drain pineapple and put over cream. Put remaining crumbs on top. Refrigerate for several hours or overnight.

LAZY DAISY CAKE

Asta Petersen

- 2 eggs, well beaten
- 1 cup white sugar
- 1 tsp. vanilla
- 1 cup flour
- 1 tsp. baking powder
- ½ tsp. salt

Beat eggs and add remaining ingredients.

Heat

- ½ cup milk
- 1 tbsp. butter or margarine

Add to flour mixture, mix well. Bake in 9" x 9" square pan 30-40 minutes at 350°F. Cool slightly.

Topping

- 5 tbsp. brown sugar, heaping
- 2 tbsp. milk or cream
- 3 tbsp. butter or margarine

Melt above until starts to bubble slightly, stirring constantly.

Add

1 cup coconut
Rice Krispies or Special K Flakes
nuts (optional)

Spread over cake. Put under broiler until it bubbles and is golden brown.
Serve hot or cold.

If you like more topping on cake, just add two more spoons brown sugar
and one teaspoon milk or cream.

I have also served leftover cake by splitting serving in two and putting
fruit such as peaches, fruit cocktail over bottom half then return top half.

Very tasty.

MIRACLE WHIP CAKE

Sharon Krauskopf

2 cups flour
1½ tsp. baking powder
4 tbsp. cocoa
1 cup water
1 cup white sugar
1½ tsp. baking soda
1 cup Miracle Whip
2 tsp. vanilla

Mix flour, sugar, baking powder, baking soda and cocoa together. Add
Miracle Whip, water and vanilla. Mix well and pour into a greased and
floured 8" square pan. Bake at 350°F for 35-40 minutes

PRIZE COFFEE CAKE

Charlene Kuepfer

Mix together thoroughly:

¾ cup sugar
¼ cup soft shortening
1 egg

Stir in:

½ cup milk

Sift together and stir in:

1½ cups all purpose flour

2 tsp. baking powder

½ tsp. salt

Spread batter in greased and floured 9" square pan. Sprinkle with desired topping. When I made this cake the last time, I mixed a streusel mixture along with some sliced apple and heated it on the stove. Then I put part of the batter in the prepared pan and spread the apple mixture on that. Then I put the remaining batter over top. You can sprinkle a little sugar on top but not necessary. Delicious!

Streusel Mixture:

½ cup brown sugar

2 tbsp. flour

2 tsp. cinnamon

2 tbsp. melted butter

½ cup chopped nuts (if desired)

1-2 apples sliced and mixed in.

RHUBARB CAKE

Beryl Flint

1½ cup white sugar

½ cup oil

1 egg

1 cup sour milk

1 tsp. soda

1 tsp. vanilla

2 cups flour

1½ cups finely diced rhubarb blended with ⅓ cup flour

Topping:

½ cup brown sugar

1 tsp. cinnamon

½ cup diced rhubarb

Blend first mixture well, adding rhubarb coated with flour last. Place in a greased 9" x 13" pan. Combine topping and sprinkle on batter. Bake at 350° for 40 to 50 minutes.

RHUBARB CAKE

Linda Seguin

- 1½ cup brown sugar
- ½ cup butter
- 2 eggs
- 1 cup sour milk (2 tbsp. vinegar per one cup milk)
- 1 tsp. baking soda
- 1 tsp. salt
- 2¼ cup flour
- 1 tsp. vanilla
- 1½ cup rhubarb, chopped fine

Topping

- ½ cup brown sugar
- 1 tsp. cinnamon

Cream butter and brown sugar. Add eggs and beat well. Add sour milk, soda, salt and flour. Mix well. Add vanilla and rhubarb. Pour into 9" x 13" greased and floured pan. Mix brown sugar and cinnamon and sprinkle on batter. Bake 350°F 45 minutes.

SOUR CREAM COFFEE CAKE

Sally Lynch

Topping

- ¼ cup melted butter
- ¼ cup white sugar
- ⅓ cup brown sugar
- 1 tsp. cinnamon
- nutmet
- 1 cup chopped nuts

Melt butter and add other topping ingredients. Spread half this mixture in bottom of a tube pan (use a one piece tube pan — not the two piece kind).

Batter

½ cup shortening
1 cup white sugar
2 eggs
1 cup sour cream
1 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
1 tsp. vanilla

Mix shortening, sugar and eggs. Add sour cream, then flour, baking soda, baking powder and salt (that have been sifted together). Beat. Add vanilla. Put half this mixture in pan, then the rest of the topping and finally the rest of the batter. Bake at 350° for 50-60 minutes. Test with a toothpick.

WHITE CUP CAKES

Laurine Switzer

(makes 1½ dozen)

1½ cups white flour
¾ cup sugar
3 tsp. baking powder
½ tsp. baking soda
1 tsp. salt

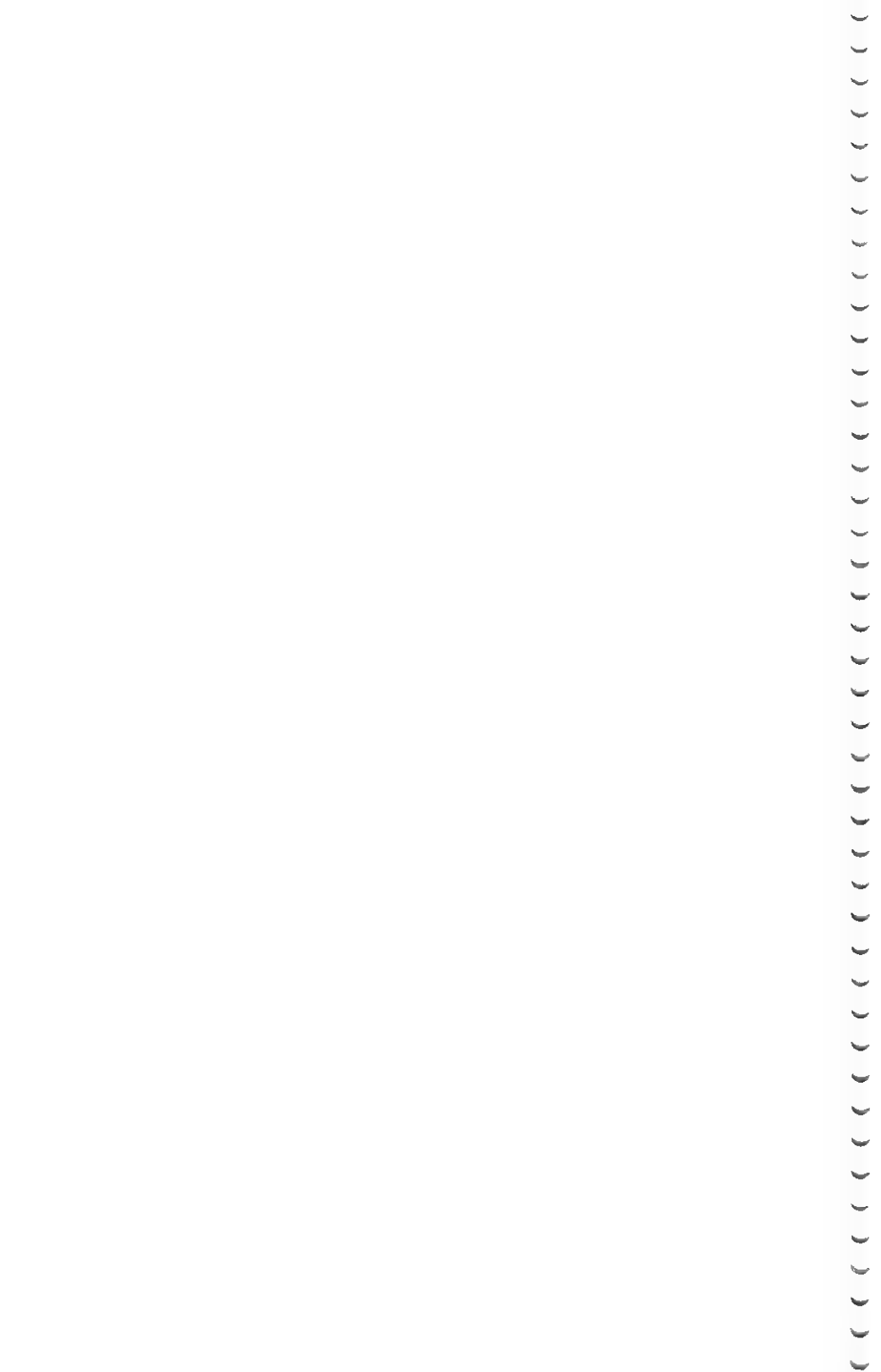
Add

⅓ cup shortening
⅓ cup milk

Beat then add

⅓ cup milk
2 eggs
1 tsp. vanilla

Stir well. Put in greased muffin tins. Bake in 400°F oven for 12-15 minutes. Ice when cool.



CANDY

CARAMEL POPCORN

Bonnie Falconer

- 1 cup unpopped popcorn
- 1 cup butter or margarine, melted
- 2 cups brown sugar
- ½ cup corn syrup
- 1 cup peanut or mixed nuts (optional)
- 1 tsp. vanilla

Pop popcorn. Mix melted butter, brown sugar, corn syrup and nuts together. Boil and cook five minutes. Stir in vanilla. Mix well and pour over popcorn. (I use a large roasting pan.) Bake one hour, stirring every ten minutes at 250°. When finished, stir until cooler and not sticking together. Store in covered tin.

CARAMEL POPCORN

Linda Debus

- 1 cup butter
- 2 cups brown sugar
- ½ cup corn syrup
- ¼ tsp. salt
- 1 tsp. baking soda
- 1 tsp. vanilla

Bring to boil butter, brown sugar, corn syrup and salt. Boil five minutes. Remove from heat and add baking soda and vanilla. Pour over popped corn and mix well in buttered roasting pan. Put in 200° oven for 40 minutes. Stir every 15 minutes. I omit putting in the oven if its all going to be eaten right away.

CARAMEL POPCORN

V. Garside

- 6 qts. popped corn (1 cup unpopped)
- 1 cup butter or margarine
- ½ cup corn syrup
- 1 tsp. salt
- ½ tsp. baking soda
- 1 tsp. vanilla
- 2 cups brown sugar

Heat oven to 250°

Put popped corn in large, lightly buttered roasting pan. Melt butter in saucepan. Stir in sugar, corn syrup and salt. Bring to a boil. Stir for five minutes. Remove from heat and stir in soda and vanilla. Pour over popped corn gradually, mixing well. Bake 1 hour, stirring every 15 minutes.

MAPLE CREAM

Mabel Ford

- 1 cup white sugar
- 1 cup brown sugar
- ¼ cup corn syrup
- ¼ cup butter
- ½ cup cream

Mix together and boil to soft stage, then add vanilla and walnuts and beat until creamy.

MICROWAVE PEANUT BRITTLE

Sheila Salter

- 1 cup syrup
- ½ cup corn syrup
- 1 cup salted peanuts
- 1 tsp. butter
- 1 tsp. vanilla
- 1 tsp. baking soda

Combine sugar and cornsyrup and stir. Cook on high for 3½ minutes. Add peanuts, stir well. Cook on high for 3½ minutes. Add butter and vanilla, stir well. Cook on high for 1½ minutes. Add baking soda, stir gently until light and foamy. Pour onto buttered cookie sheet. Spread thinly. Cool and break into small pieces.

NEVER FAIL FUDGE

Sharon Kraskopf

- 4 cups sugar
- ¼ cup cocoa

1 cup milk
1 cup butter

Boil ten minutes. Stir in:

2 cups flour
1 tsp. vanilla

stirring well. Pour into 12" x 10" pan. Cool, cut and eat.

PEANUT BUTTER FUDGE

Vi Martyn

Vi Martyn is past president of Auxillary SL, West Wing.

2 cups sugar
½ cup milk
¼ cup peanut butter

Boil for five minutes. Remove from heat and stir until it thickens. Pour into pan and cut as desired.

TRUFFLES

Brenda Kitching

¾ cup whipping cream
¼ cup butter
¼ cup orange liqueur
7 squares semi-sweet chocolate
1 square unsweetened chocolate

Combine cream and butter and boil. When cool, add liqueur then add both chocolates, melted. Chill mixture 3-4 hours then form into balls and dip into melted chocolate or roll in sprinkles.



CASSEROLES

BARBEQUE SAUCE CHICKEN

Valerie Garside

- 1/4 cup vinegar
- 1/2 cup ketchup
- 1 cup water

Bake for 1½ hours at 350° in casserole dish.

BROCCOLI AND CHEESE CASSEROLE

Sharon Seebach

- 1 bunch broccoli
- 1 small onion diced
- 1-8 oz. Cheez Whiz
- 4 tbsp. butter
- 2 tbsp. flour
- 1/2 cup water
- Bread crumbs

Cook broccoli until tender crisp, in casserole dish. Heat butter and onion. Pour over broccoli. Add 1/2 cup water, then cheese, then flour, then bread crumbs. Bake at 325°F 30-45 minutes.

BROCCOLI CASSEROLE

Hilda Ruston

- 2 pkgs. frozen broccoli
- 6 cheese slices
- 1 can cream of celery soup
- 2 cups dressing or croutons of your choice

Cook broccoli for 3 minutes. Drain and put in buttered casserole. Place cheese slices and soup over broccoli. Add dressing mix or croutons which have been moistened with water on top and bake in 350° oven for 45 minutes. Serves 6-8.

BROCCOLI/WILD RICE CASSEROLE

Mary Dench

- 1-6 oz. pkg. Uncle Ben's wild rice and long grain mix
- 2 bunches broccoli

2 cans cream of mushroom soup
½ lb. cheddar cheese, grated

Cook rice according to package directions. Cook broccoli til just barely tender. Combine soup and cheese. Arrange soup mixture, broccoli and rice in layers in casserole dish. Top with extra grated cheese. Bake at 350° for about 1 hour.

CHICKEN CASSEROLE

Kim Miller

2 cups chicken (cooked and cubed)
2 cups med. noodles
1 can cream of chicken soup
1-6 oz. can evaporated milk
½ tsp. salt
1½ cups medium cheddar cheese grated
¼ cup slivered almonds (roasted)
1 cup celery sliced
¼ cup green pepper diced
1 can mushroom pieces
¼ cup buttered bread crumbs

Cook noodles in salted water; drain. Mix together remaining ingredients except bread crumbs. Gently stir in cooked noodles. Pour into greased casserole. Top with buttered bread crumbs. Bake uncovered about 40 minutes. If freezing, freeze before baking.

CHICKEN CASSEROLE

Olive Wilker

6 pieces of chicken
1 can mushroom soup
1 can water
1 cup rice (not cooked)
1 pkg. onion soup mix

Bake at 325 ° for two hours, remove the lid last half hour.

CHICKEN-BROCCOLI CASSEROLE

Linda Seguin

- 3 lb cooked chicken or turkey
- 2 bunches broccoli
- 1 cup mayonnaise
- 2 cans cream of chicken soup
- ¼ tsp. curry powder
- 1 tbsp. lemon juice
- ½ cup grated cheddar
- ½ cup bread crumbs
- 1 tbsp. melted butter

Steam broccoli and drain. Grease oblong casserole and place chicken on bottom, broccoli on top. Combine mayonnaise, soup, curry powder and lemon juice. Pour over broccoli. Sprinkle with a mixture of cheese and bread crumbs combined with butter. Bake 350° 30 minutes. Serves 6-8.

CHILI CON CARNE

Gail Moloughney

- 1 lb. ground beef
- 1-10 oz. can kidney beans
- 1-19 oz. can tomatoes
- 1-19 oz. can tomato paste
- 1 green pepper
- 1 lrg. onion
- ¼ tsp. paprika
- ⅛ tsp. red cayenne pepper
- 1 tsp. chili powder
- 1 tsp. pepper
- ½ tsp. salt

Cook meat, onion and green pepper until meat is brown and onion and green pepper is tender. Drain meat. Add tomato paste and canned tomatoes. Add spices. Slowly bring to boil. Simmer for 2 hours. Add beans. Cook until heated.

CHINESE CASSEROLE

Winnie Ashbourne

- 1 cup celery chopped
- 1 lrg. onion chopped
- 1 lb. hamburger

Fry these together. Drain off fat.

- 3 tbsp. soy sauce
- ½ cup uncooked rice
- 1 tin cream of mushroom soup
- 1 tin cream of chicken soup
- 1 tin mushrooms
- 1 tin bean sprouts

Mix altogether. Put in casserole dish. Sprinkle with Chinese noodles.

CHRISTMAS MORNING WIFE SAVER

Linda Seguin

Make the day before and pop in the oven in the morning. Serves 8

- 16 slices white bread, crusts removed
- 16 slices Canadian **BACK** bacon or ham
- 16 slices sharp cheddar cheese
- 6 eggs
- ½ tsp. salt
- ½ tsp. pepper
- ½-1 tsp. dry mustard
- ¼ cup minced onion
- ¼ cup green pepper, finely chopped
- 1-2 tsp. Worcestershire sauce
- 3 cups **WHOLE** milk
- Dash Tabasco
- ¼ lb. butter
- Special K **OR** crushed cornflakes.

In 9" x 13" buttered, glass baking dish, put eight pieces of bread. Add pieces to cover dish entirely. Cover bread with back bacon, sliced thin. Lay slices of cheese on top of bacon and then cover with bread to make it resemble a sandwich. In bowl, beat eggs, salt and pepper. To egg

mixture, add dry mustard, onion, green pepper, worchestershire sauce, milk and tabasco. Pour over 'the sandwich'. Cover and let stand in fridge overnight. In morning, melt $\frac{1}{4}$ lb. butter, pour over top. Cover with Special K or crushed cornflakes. Bake uncovered, one hour at 350°. Let stand ten minutes before serving.

HAMBURG CASSEROLE

Sharon Krauskopf

Line casserole with a layer of carrots then a row of onion rings and a row of sliced potatoes. Repeat once more. Season each layer with salt and pepper. Place $\frac{1}{2}$ -1 lb. of cooked hamburger on top of vegetables. Sprinkle with $\frac{1}{4}$ cup rice. Pour over the top, 1 large can tomatoes. Bake in 400° oven for about 1½ hours or until vegetables are tender. (1 can of Campbell's tomato soup with 1 tin water added, mixed and poured over makes an excellent casserole.)

HAMBURGER CASSEROLE

Doris Wolfram

- 1 med. onion chopped
- 2 tbsp. butter
- 1 lb. ground beef
- $\frac{1}{2}$ lb. green beans (or 10 oz. can)
- 1 can tomato soup
- $\frac{1}{4}$ cup water
- 1 tsp. onion seasoning
- 6 med. potatoes
- $\frac{1}{4}$ cup milk
- 1 egg, beaten
- 1 tsp. salt
- 1 tbsp. butter

Brown onion and meat in butter. Add beans, soup, water and seasoning. Pour into a greased 2½ quart casserole dish. Cook potatoes until tender. drain, mash, add milk, egg, salt and butter. Spread over the meat mixture. Bake in 350° oven for 30 minutes.

LOW CALORIE GROUND BEEF CASSEROLE *Sharon Krauskopf*

- 1 lb. ground lean beef
- 1 sm. onion
- 1 sm. head cabbage
- 1/3 cup uncooked rice
- 1 cup condensed tomato soup mixed with
- 1 cup water

Chop cabbage and place in greased baking dish. Brown meat and onion, stir in rice. Pour on top of casserole. Mix soup and water, pour over entire casserole. Bake at 350° for 1 hour. Add more water if casserole is too dry. Serves 10 at 199 calories per serving.

MAKE-A-HEAD BREAKFAST

Hilda Ruston

- 16 slices white bread, crust removed
- back bacon or ham, thinly sliced
- processed cheese slices
- 6 eggs
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2-1 tsp. dry mustard
- 1/4 cup minced onion
- 1/4 cup green pepper finely chopped
- 1-2 tsp. worcestershire sauce
- 3 cups milk
- 1/2 cup butter
- crushed corn flakes

Arrange 8 slices bread in buttered 9" x 13" baking dish. Cover bread with single layer of bacon or ham and then cheese slices. Cover with remaining bread slices. Beat eggs with salt and pepper. Add mustard, onion, green pepper, worcestershire sauce and milk. Pour over sandwiches. Cover and refrigerate overnight. In morning, melt butter and pour over top. Sprinkle with crushed cornflakes. Bake uncovered at 350° for 1 hour. Let stand 10 minutes before serving.

MASHED POTATO CASSEROLE

Asta Petersen

- 5 lbs. potatoes
- 2 pkgs. Philadelphia cream cheese (3 oz. each)
- 1 cup dairy sour cream
- 2 tsp. onion salt
- 1 tsp. salt
- Pinch pepper
- 2 tbs. butter

Cook peeled potatoes in salted water. Drain then mash until smooth with a beater. Check for lumps. Add remaining ingredients and beat until light and fluffy. Let cool slightly and place in a large greased casserole. Dot with more butter or, if desired, buttered crumbs. Cover with plastic wrap and refrigerate. To serve, remove about an hour before dinner and bake uncovered at 350°F for 30 minutes or until heated through.

NO-BOIL LASAGNE

Sharon Seebach

- 1 tbs. vegetable oil
- 1 med. onion chopped
- 1 garlic clove, minced
- 1 lb. ground beef
- 2-14 oz. cans tomato sauce
- 1 can sliced mushrooms
- ½ cup water
- 1 tsp. oregano
- 1-250 g. carton cottage cheese
- ⅓ cup grated parmesan cheese
- 1-10 oz. pkg. frozen spinach (optional)
- 1 egg, slightly beaten
- 2 tsp. vegetable oil
- 1 tsp. salt
- 1-6 oz. pkg. sliced mozzarella cheese
- ¾ pkg. lasagne

Sauté onion and garlic in oil. Add ground beef and brown. Remove excess fat. Stir in tomato sauce, mushrooms and their liquid, water and oregano. Bring to a boil and remove from heat. Combine cottage cheese, parmesan cheese, well drained spinach (thawed), egg, oil and salt. Spoon

1/3 of sauce into 9" x 13" dish. Cover with 1/3 of lasagne. Spread another 1/3 of sauce and cover with another 1/3 of lasagne. Spread cheese and spinach mixture over and cover with remaining lasagne then sauce. Top with cheese slices. Cover with foil and bake at 375° for 45 minutes. Uncover and bake approximately 15 more minutes or until cheese starts to brown.

PIG TAILS AND SAUCE

Leeanne Gaul

- 1 bottle of beer
- 1 bottle of gingerale
- 2 tbsp. powdered mustard
- 1 tbsp. Worcestershire sauce
- 1 tbsp. garlic salt
- 2 cups ketchup
- 1/2 cup vinegar

Brown tails in beer and gingerale for approximately 1 hour at 300°. Mix all other ingredients and add to tails and cook covered for 4-6 hours at 250-300°. Soak pan immediately after serving.

POTATO DELUXE

Hilda Ruston

- 2 lbs. frozen hash browns
- 1 cup chopped onions
- 1 can cream of chicken soup
- 8 oz. sour cream
- salt and pepper to taste
- 8 oz. grated cheddar cheese
- 1/3 cup margarine, melted
- buttered bread crumbs or crushed potato chips.

Mix altogether. Place in greased 9" x 13" pan. Sprinkle buttered crumbs or crushed potato chips over top. Bake at 350°F for 45 minutes.

RICE CASSEROLE

Kate Gibson

"Easy and Tasty"

- 1 can cream of mushroom soup
- 1 can chicken with rice soup
- 1 can consommé
- 1 sm. onion chopped
- 1 cup celery chopped
- 1 cup long grain converted rice

Mix together all of the above and bake at 325° approximately 1 hour, or until rice is cooked thoroughly.

SUPPER CASSEROLE

Helen O'Leary

- 1 lb. hamburger
- 1 onion
- 1 can VanCamp's Spaghetti
- 1 can tomato soup
- ½ can water
- 1 can kidney beans

Brown hamburger with chopped onion, salt and pepper. Add remaining ingredients. Serve with toast and salad.

TUNA CHOW MEIN CASSEROLE

Mary Dench

In large fry pan

- 1 tbsp. butter, melted

Add:

- 1 cup celery chopped
- ¼ cup onion chopped
- 2 tbsp. green pepper chopped

Cook and stir until onion is tender.

Add:

- 1/2-5 1/2 oz. can chow mein noodles
- 1 can tuna
- 1 can cream of mushroom soup
- 1/4 cup milk
- 1/4 cup water
- 1/8 tsp. pepper

Pour into casserole dish and sprinkle with extra noodles. Bake at 350° for 30 minutes. 4-6 servings

TUNA DIVAN

Kim Miller

- 1-10 oz. pkg. frozen or steamed fresh broccoli spears
- 1-12 oz. can tuna, drained or flaked (13 oz.)
- 1 tbsp. lemon juice
- 1-10 oz. can condensed cheddar cheese soup
- 1 tbsp. seasoned dry bread crumbs

Cook broccoli and drain well. In medium bowl, mix tuna, lemon juice and undiluted soup. In 8" x 8" baking dish, evenly arrange broccoli. Spoon tuna mixture over broccoli, sprinkle with bread crumbs. Bake at 350° for 25 minutes or until hot and bubbly. Makes 4 servings.

TUNA POTATO CASSEROLE

Lynda Romanick

- 1-10 oz. can cream mushroom soup
- 10 oz. milk (more or less)
- 4 med. potatoes sliced
- 1-13 oz. can chunked tuna
- 1/2 cup grated cheese
- 1 cup soft bread crumbs
- 1-2 onions sliced.

Butter casserole. Slice 1/2 potatoes then onions, cover with 1/2 the tuna. Pour 1/2 soup, milk mixture. Repeat. Top with bread crumbs and sheese mixture. Bake at 350° for 1-2 hours or until potatoes are tender.

VEGETABLE CASSEROLE

Sharon Hulley

- 2-10 oz. packages baby lima beans (frozen)
- 2-10 oz. cans whole button mushrooms
- 2-10 oz. cans asparagus tips
- 1 cup medium white sauce
- 2-10 oz. cans mushroom soup (undiluted)
- 1-10 oz. package onion rings (frozen) **OR** grated cheese

Combine white sauce and mushroom soup to a smooth consistency. Put a thin layer of sauce in casserole dish. Layer vegetables keeping onion rings for the very top. Before adding onion rings, pour remainder of sauce over vegetables. Bake at 350°F for one hour. Place onion rings on top during last 20 minutes of baking or ten minutes for cheese.

VEGETABLES AND TURKEY CASSEROLE

Sharon Seebach

- 4 tbsp. margarine
- 1 bunch broccoli, cut into flowerets
- 4 med. carrots, sliced
- ½ cup chopped onion
- 3 tbsp. all purpose flour
- 1¾ cups milk
- 2 tsp. prepared mustard
- ½ tsp. salt
- ⅛ tsp. pepper
- 4 oz. cheddar cheese, shredded (1 cup)
- 3 med. potatoes, thinly sliced
- 1 cup left-over turkey/chicken (or 1-6½ oz. can tuna)

In a large skillet, melt 2 tbsp. margarine. Add broccoli, carrots and onion. Cook, stirring often, 8-10 minutes until vegetables are crisp-tender. Remove from heat. **OR** approximately 5 minutes on high in microwave. Grease a 7" x 11" baking dish. Preheat oven to 375°. In medium saucepan, melt remaining 2 tbsp. margarine over low heat. Stir in flour until blended. Cook stirring constantly, one minute until bubbly. Gradually stir in milk, mustard, salt and pepper. Cook, stirring constantly, until mixture thickens and comes to a boil. Remove from heat, stir in cheese until melted. Layer ½ of potatoes in bottom of baking dish. Top with ½ vegetable mixture, ½ meat, ½ cheese sauce. Repeat

layers. Cover and bake 40 minutes. Remove cover and bake 15 minutes longer or until potatoes are fork tender.

VEGETARIAN CHILI (7-8 servings)

Bev Smith

1	onion chopped
1	garlic clove
½ tbsp.	vegetable oil
1-28 oz.	can tomatoes, undrained
½ cup	fine bulger
1-14 oz.	can kidney beans
1-19 oz.	can chick peas
1-7½ oz.	can tomato sauce
1 tsp.	basil, dried
Dash	tabasco sauce

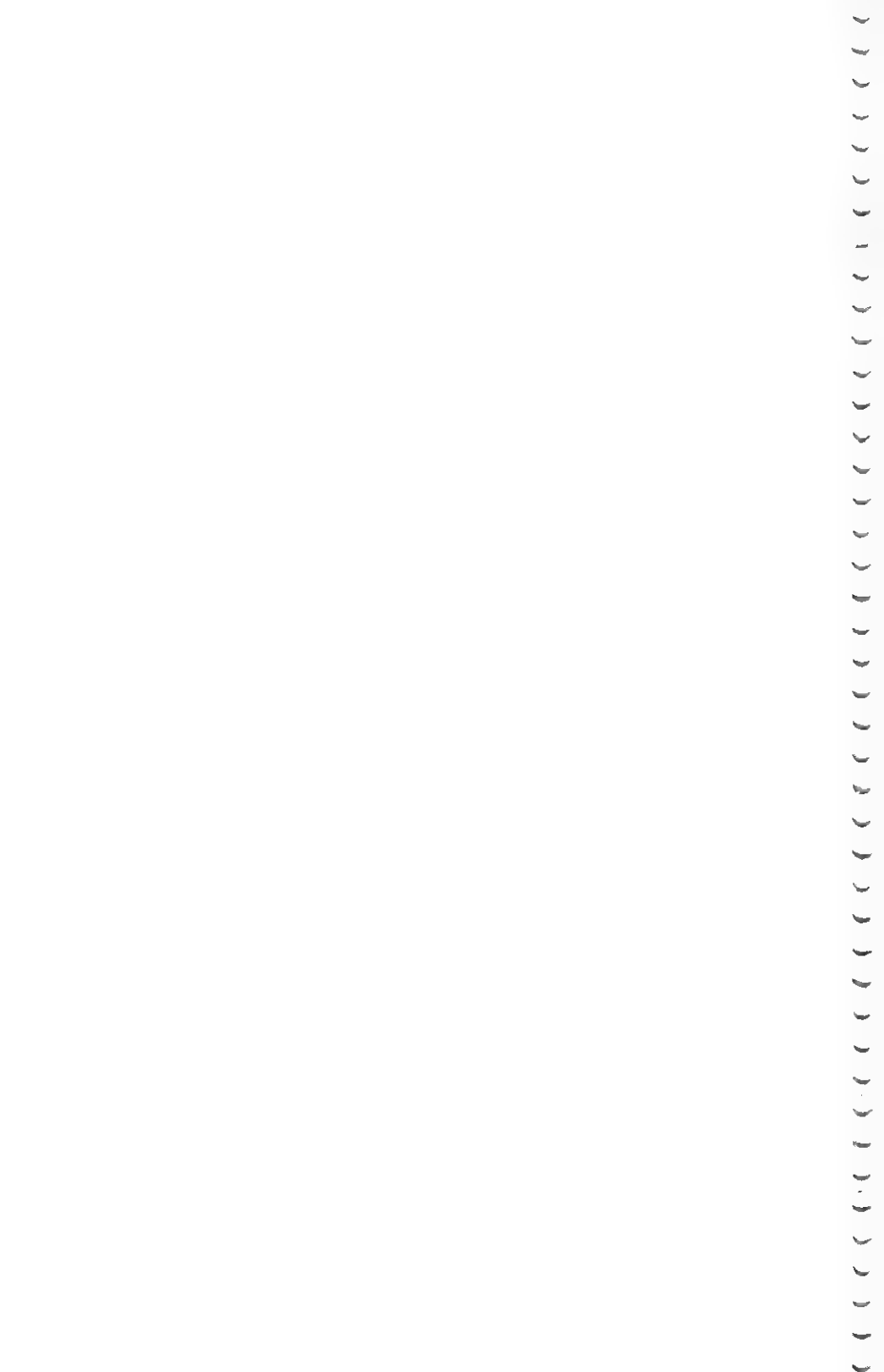
In large (3L) casserole dish, cook onion, garlic and oil until soft (2 minutes on high). Add tomatoes, chili powder and bulger. Cover with a vented lid. Cook 8-10 minutes on high. Stir after 4 or 5. Cover and cook on medium low for 15 to 20 minutes. Stir after 10, let stand for 8-10 minutes.

WORKING GIRLS' STEW

Gail Nairn

1½-2 lbs.	stewing beef
1 cup	sliced carrots
½ cup	chopped onions
1-10 oz.	can peas with juice
2 lrg.	potatoes, cut in chunks
	salt, pepper, bay leaf
1 can	tomato, mushroom or celery soup

Combine all ingredients and place in casserole or crock pot with lid. Bake 275° five hours. Do not open oven for entire time.



CONDIMENTS

CHILI SAUCE

Pat Snelgrove

Skin and chop 20 large tomatoes

- 3 green peppers chopped fine
- 5 med. onions chopped
- 3 cups white vinegar
- 3 scant cups white sugar
- 3 tbsp. salt.

Bring to boil then add bag of pickling spices, enough to fill 2" x 2" gauze tied. Leave bag in until desired taste (I leave in overnight). Bring to boil again, cooking until tender. Remove bag and fill sterilized jars. Very good.

CHILI SAUCE

Vera Collins

- 6 qt. basket ripe tomatoes, peeled
- 3 red peppers
- 3 green peppers
- 1 bunch celery
- 8-10 onions
- 8 cups white sugar
- 1 cup vinegar
- ½ tsp. Keen's mustard
- 1 tsp. salt
- ½ tsp. cinnamon
- ½ tsp. pumpkin pie spice
- ½ tsp. ginger

Cut up fine and cook slowly or until thick enough to your taste. Do not cook until boiling.

CURRIED FRUIT

Pat Sabourin

- ¼ cup butter or margarine
- ¼ cup brown sugar
- 1½-2 tsp. curry powder
- 1 large cooking apple, cored and cut into rings
- 1 can peach slices (14 oz. can)

- 1 can pear halves (14 oz. can)
- 1 can unsweetened pineapple rings, drained
- ¼ cup raisins

Melt butter in saucepan, stir in sugar and curry powder and heat to boiling. Arrange fruit in two quart casserole or 7" x 11" baking dish and pour hot curry sauce over it. Bake uncovered at 325°F, 30-35 minutes or until thoroughly heated and apples are tender. Serve with ham, roast pork or poultry.

Note: If using all canned fruit, you can use the leftover syrup in jellied salads, etc.

HOT DOG RELISH

Linda Debus

- 8 cups peeled cucumbers
- 4 cups onions
- 1 head cauliflower
- coarse salt
- 1 bunch celery
- 1 green pepper
- 1 red pepper
- 6 cups vinegar
- 8 cups sugar
- 1 tsp. mustard seed
- 1 tsp. celery seed
- 1 cup flour
- ⅓ cup mustard
- 1 tsp. tumeric
- ½ cup vinegar
- ½ cup cold water

Coarsely process cucumbers and onions together. Coarsely process cauliflower and add to cucumbers and onions. Sprinkle with coarse salt and let stand overnight. Drain juice, rinse lightly to get off some of salt. Coarsely process celery and peppers and add to mixture. Boil vinegar and sugar together, with mustard seed and celery seed tied in a cheesecloth bag. Boil 15 minutes. Add vegetables and boil gently until they are tender. Mix flour, mustard, tumeric, vinegar and cold water together. Add to vegetables gently to prevent lumping, stirring constantly. Boil gently until thick. Put in jars and seal.

HOT DOG RELISH

Pat Sabourin

- 6 onions
- 1 qt. cucumbers
- 3 green sweet peppers
- 1 bunch celery
- 1 cauliflower

Chop all these (blender or food processor). Sprinkle with pickling salt and let stand overnight. Drain and rinse with cold water.

Add:

- 5 cups vinegar
- 6 cups sugar
- 2 tbsp. mustard seed

Boil slowly for ten minutes.

Add:

- $\frac{2}{3}$ cup flour
- 4 tbsp. tumeric powder mixed in a little vinegar to form paste.

Boil five more minutes, stirring frequently. Seal in jars. Delicious as a condiment all year round.

JEAN'S UNCOOKED CHILI SAUCE

Jean Ballantyne

- 6 qts. tomatoes cut in small pieces
- 6-10 diced onions
- $\frac{1}{2}$ cup pickling salt

Let stand overnight in cool place. Drain well and add:

- 2 cups diced green peppers
- 2 cups diced celery
- 2 lbs. ($4\frac{1}{2}$ cups) white sugar
- 2 oz. mustard seed
- 3 cups white vinegar

Yield: 7 pints

Store in clean jars with good tight lid in fruit cellar or second fridge.
Keeps one year or more.

LEMON DILL BUTTER

Linda Seguin

⅓ cup butter
⅓ cup lemon juice
2 tsp. dillweed
salt to taste

Melt butter. Stir in lemon juice, dill and salt. Great for basting fish when broiling or barbequing.

MAGIC MAYONNAISE

Luanna Gravelle

1⅓ cup sweetened condensed milk, (15 oz. can)
½ cup vinegar or lemon juice
1 tsp. dry mustard
1 tsp. salt
Dash cayenne pepper
½ cup salad oil or melted butter

Place ingredients in mixing bowl, blend with rotary beater until mixture thickens, about two minutes. If thicker consistency is desired, chill about one hour before serving. Makes 2½ cups. Use on cabbage.

MAYONNAISE

Luanna Gravelle

1 egg, beaten
½ cup sugar
1¼ tbsp. flour
½ tbsp. mustard (or less than 1 tsp.)
½ tsp. salt

Mix and add ¾ cup milk. **Slowly** add ¼ cup vinegar. Cook in double boiler until thick.

For salads, mix an equal amount of cream with mayonnaise for variety.

MUSTARD

Luanna Gravelle

- 2 tbsp. flour
- 2 tbsp. mustard
- ½ tsp. tumeric
- 1 cup sugar
- 1 egg
- ¾ cup vinegar
- 1 cup cream or milk

Measure the first four ingredients into the top of a double boiler. Add well beaten egg, milk and vinegar. Beat until smooth. Cook over boiling water until mixture is thick.

COOKIES

ANZAE COOKIES

Kim Miller

Cream together:

- ¼ lbs. margarine or butter
- 1 tbsp. honey
- 1 egg
- ½ cup sunflower seeds
- ½ cup sesame seeds

Mix together:

- 1 cup flour
- 1 cup brown sugar
- 1 tsp. baking soda
- 1 cup rolled oats

Add this to first mixture and blend well. Roll into little balls and flatten with fork on cookie sheet.

BIRDIE GUNN'S SCOTS' SHORTBREAD

Birdie Gunn

Her husband was a baker in St. Marys

- 8 oz. finest pastry flour (¼ cup)
- 8 oz. butter (one pound)
- 4 oz. rice or corn flour (1½ cups)
- 1 cup icing or castor sugar

Put sugar and butter in bowl and work with hands until well mixed. Sift flour and add gradually until it crumbles and resembles a short crust. Do not roll. Work with hands — ¾" thick by 8". Bake in foil pie plates. Prick dough and put in fairly hot oven. Reduce heat until pale golden brown. Makes 2 — 3 rounds. Cut in wedges.

CHEERIO COOKIES

Myrtle Hanna

- ½ cup butter
- 1 cup brown sugar
- ½ cup corn syrup

Boil above for one minute. Remove from heat and add:

- ½ cup peanut butter
- 2 cups cornflakes
- 2 cups Cheerios
- ½ cup nuts

Press into greased 8" square pan.

CHOCOLATE CHIP COOKIES

Anonymous

- ½ cup shortening
- ¼ cup lightly packed brown sugar
- 1 egg
- ¼ tsp. baking soda
- 1-6 oz. package chocolate chipits
- ½ cup white sugar
- 1 tsp. vanilla
- 1¼ cup pastry flour
- ½ tsp. salt

Cream together shortening, sugars and vanilla. Add egg and beat until light and fluffy. Sift together flour, salt and soda. Stir into mixture. Fold in chocolate chips. Bake at 375° for eight minutes.

CHOCOLATE CHIP COOKIES

Brenda Kitching

- 1 cup butter or margarine, soft
- ¾ cup white sugar
- ¾ cup brown sugar
- 2 eggs
- 1 tsp. vanilla
- 1 tsp. salt
- 2½ cups flour
- 1 tsp. soda in hot water
- 1 package chocolate chips

Cream butter and sugars. Add eggs, vanilla and salt. Dissolve soda in hot water. Mix, alternating flour and soda mixture. Add chocolate chips. Bake 15 minutes at 375°.

CHOCOLATE DROP COOKIES

Gail Coveney

2 cups white sugar
½ cup milk
1 tsp. vanilla
1 tsp. salt
½ cup butter
6 tbsp. cocoa

Dissolve in double boiler and a little longer.

Stir in

3 cups oatmeal
1 cup coconut

Drop on wax paper.

CHOCOLATE MACAROONS

Margaret Leach

½ cup margarine
2 cups sugar
½ cup milk
3 cups oatmeal
1 cup coconut
6 tbsp. cocoa
Pinch salt
1 tsp. vanilla

Boil first three ingredients for two minutes. Add remaining ingredients to above mixture. Mix well on low heat. Remove from heat and drop by spoonfuls onto waxed paper. Let dry.

CITRUS NUT DROPS

Luanna Gravelle

½ cup shortening
¼ cup sugar
1 egg yolk
½ tsp. vanilla
2 tbsp. evaporated milk

- 1 tsp. grated orange peel
- 1 tsp. grated lemon peel
- 1¼ cup sifted flour
- 1 egg white, slightly beaten
- ¾ cup finely chopped nuts
- candied cherry halves for tops

Cream shortening and sugar until light and fluffy. Beat in egg yolk, vanilla, evaporated milk, orange and lemon peels. Mix in flour. Dip teaspoon of dough in egg whites. Lift out with fork and dip one side in nuts. Place nut side up 2" apart on greased sheet. Press cherry half into each. Bake 325° 20 minutes. Makes two dozen.

COWBOY COOKIES

Luanna Gravelle

- 2 cups flour
- 1 tsp. soda
- ½ tsp. salt
- ½ tsp. baking powder
- 1 cup shortening
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 2 cups oatmeal
- 1 tsp. vanilla
- 1 package chocolate chips

Blend shortening and sugar. Add eggs, beat until fluffy. Add flour and other dry ingredients. Last, add oatmeal, vanilla and chips. Drop by teaspoon on greased cookie sheet. Bake at 350°

DATE CHEWS

Barb Boyes

- 1 cup granulated sugar
- ¾ cup all-purpose flour
- 1 tbsp. baking powder
- ¼ tsp. salt
- 1 cup chopped dates (pitted)

- 1 cup walnuts
- 2 eggs well beaten

Combine sugar, flour, baking powder and salt. Add dates, walnuts and eggs. Spoon into 9" x 13" baking pan. Press into thin sheet with fork. Bake in 325 ° oven 15 to 20 minutes or until cooked but still moist in middle, soft on top. (**Do not overbake or cookies will be too dry to roll.**) Cut into small squares. Shape each into log and roll in additional sugar.

Makes 36

FRUIT JUMBLES

Laurine Switzer

Preheat oven 375°

Cream until light

- 1 cup shortening
- $\frac{3}{4}$ cup brown sugar

Stir in

- 1 egg yolk
- 1 tsp. vanilla
- 2 tbsp. syrup from cherries

Blend and add to creamed mixture

- $1\frac{3}{4}$ cups all-purpose flour
- $\frac{1}{4}$ tsp. salt

Mix well and add

- $\frac{1}{2}$ cup chopped dates
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup coconut
- $\frac{1}{2}$ cup cherries (quartered)
- 3 slices pineapple (optional)
- $\frac{2}{3}$ cup chopped walnuts

Combine thoroughly. Drop by teaspoon onto greased baking sheet. Bake in 375° oven 10 to 12 minutes.

Makes 6 dozen cookies.

GINGER SNAPS

Beth Rodgers

- 1 cup molasses
- 1 cup sugar
- 1 cup butter or shortening
- 1 tsp. baking soda dissolved in 3 tbsp. boiling water
- 1 tbsp. ginger
- 1 tsp. cinnamon

Heat molasses to boiling point. Add sugar, shortening and spices. Let cool a little and add flour, as much as you can. Chill thoroughly. Knead in more flour. You need a lot. Roll thinly and cut. Bake in moderate oven. You can tell when you knead it, when it will roll nicely.

GINGERSNAPS

Rita Verellan

- 2 cups sifted flour
- 1 tbsp. ginger
- 2 tsp. baking soda
- 1 tsp. cinnamon
- ½ tsp. salt
- ¾ cup shortening
- 1 cup sugar
- 1 egg
- ¼ cup molasses

Mix and sift first five ingredients. Beat shortening until creamy. Add one cup sugar and beat in egg and molasses. Add flour mixture and blend well. Roll a teaspoonful of dough into ball and roll in granulated sugar. Place 2 inches apart on ungreased cookie sheet. Bake until tops are round and cracked. Bake at 325°F for ten minutes.

GUMDROP COOKIES

Luanna Gravelle

- ½ cup butter, margarine or shortening
- ½ cup brown sugar
- ½ cup white sugar
- 1 egg
- 1 cup chopped gumdrops

- 1 cup rolled oats
- 1 cup sifted flour
- ½ tsp. salt
- ½ tsp. soda
- ½ tsp. baking powder
- ½ cup dessicated coconut
- 1 cup cornflakes

Cream butter and sugar until light. Add egg and beat well. Sift flour with salt, soda and baking powder. Add to creamed mixture and beat well. Add remaining ingredients. Drop by teaspoon on greased cookie sheet 2" apart.

HEALTH COOKIES

Pat Sabourin

- 2 cups margarine
- 1½ cups white sugar
- 1½ cups brown sugar
- 4 large eggs
- 2 tsp. vanilla

Beat in a large mixing bowl until smooth and fluffy.

Add

- 4½ cups whole wheat flour
- 1 tsp. salt
- 2 tsp. baking soda
- 2 tsp. baking powder
- 2 cups oatmeal
- 2 cups coconut
- 1 cup sunflower seeds
- ½ cup sesame seeds
- ½ cup flax seeds (optional)
- 1 cup chopped nuts (walnuts or pecans, etc.)

Flatten dough before baking. Bake at 325° for 12 to 15 minutes.

Yields a lot of cookies!

HOLIDAY GEMS

Luanna Gravelle

- ¾ cup shortening
- 1 cup sugar
- 2 eggs
- 2 tbsp. milk
- 1 tsp. vanilla
- 2 cups pre-sifted all-purpose flour
- 1½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 1 cup pecans, chopped
- 1 cup dates, chopped
- ⅓ cup maraschino cherries, drained and chopped
- 2½ cup cornflakes, crushed
- Maraschino cherries cut in quarters

Blend together shortening and sugar, creaming well. Add eggs, milk and vanilla, beat well. Blend in the dry ingredients gradually, mix thoroughly. Add pecans, dates and chopped maraschino cherries. Drop by rounded teaspoon into cornflakes. Toss lightly to coat, form into balls. Place on greased baking sheet. Top each with ¼ cherry. Bake in moderate oven (375°) 12 to 15 minutes.

JELLY DROP COOKIES

Doris Wolfgram

- ½ cup white sugar
- ½ cup butter
- 1 egg
- ¾ cup cornstarch
- ¾ cup all purpose flour
- ½ tsp. baking powder
- ½ tsp. vanilla

Mix well. Drop by teaspoonfuls on cookie sheet. Make thumbprint in the centre of each cookie and fill with jelly. At Christmas, I use raspberry jam or mint jelly. Bake at 350° until just barely tinged with gold.

MRS. FIELD'S COOKIES

Rita DeVries

"from Elaine's Kitchen"

Cream together

- 2 cups butter
- 2 cups white sugar
- 2 cups brown sugar

Add

- 4-5 eggs (will spread out better if you use 5)
- 2 tsp. vanilla

Dry ingredients

- 4 cups flour
- 5 cups oatmeal (blend oatmeal until a fine powder in blender)
- 1 tsp. salt
- 2 tsp. baking powder
- 2 tsp. baking soda

Mix all ingredients together.

Add

- 24 oz. chocolate chips (I found this too much. I used 1 cup.)
- 8 oz. Hersey chocolate bar
- 3 cups chopped pecans

Make into round balls approximately 1". Place 2" apart on cookie sheet.
Bake at 375° for 15 minutes on greased cookie sheet.

Hope you enjoy these cookies!

NO BAKE CHOCOLATE COOKIES

Sharon Krauskopf

- 1½ cup quick cooking oats
- ½ cup coconut
- ½ tsp. vanilla
- 1 cup sugar
- ¼ cup milk
- ¼ cup butter
- 3 tbsp. cocoa

Mix the first three ingredients together. Bring to a rolling boil. Add the next four ingredients. Remove from heat. Pour over dry ingredients and stir well. drop by teaspoon on waxpaper and let cool in fridge.

OATMEAL COOKIES

Anonymous

- ¼ cup butter
- ½ cup brown sugar
- 1 cup rolled oats
- ½ tsp. soda dissolved in 2 tbsp. hot water
- ¼ cup shortening
- ⅛ tsp. salt
- 1 cup all-purpose flour

Cream butter and shortening together. Add sugar gradually and cream well. Add the soda dissolved in hot water. Add the rolled oats, flour and salt. Roll into balls the size of a large marble, place on a greased baking sheet. Flatten as thin as possible with a fork. Bake at 350° for 9 to 12 minutes.

OATMEAL COOKIES

Mary Dench

- ½ lb. butter
- ¾ cup brown sugar
- ¾ cup white sugar
- 2 eggs
- 1½ cups flour
- 3 cups Quaker oats
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. vanilla
- 1 small package semi-sweet chocolate chips

Cream butter and sugar together until light and fluffy. Beat in eggs. Combine dry ingredients thoroughly and add to butter/egg mixture. Stir well. Mix in vanilla and chocolate chips. Drop cookie dough onto greased cookie sheet and bake at 350° for 10 to 12 minutes.

OATMEAL COOKIES

Olive Griffith

- 1 cup shortening
- 1 cup brown sugar
- tsp. soda, dissolved in hot water.
- 3 cup oatmeal
- 1 cup sifted flour

Cream butter and sugar. Add soda, flour and oatmeal. Drop by spoonfuls on greased baking sheet. Flatten with fork. Bake 350° until brown (8 minutes).

PEANUT BUTTER COOKIES

Karen Ball

- 1 cup crunchy or smooth peanut butter
- 1 cup margarine
- 1 cup white sugar
- 1 cup brown sugar
- 2 eggs
- 1 tsp. vanilla
- 2½ cups all purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt

Cream peanut butter, margarine and sugars. Blend in eggs and vanilla. Add flour, baking powder, soda and salt. Mix well. Shape balls and place on ungreased cookie sheet. Flatten slightly with a fork. Bake at 350°F for 12 to 15 minutes or until lightly browned.

PEANUT BUTTERBALLS

Annie Gerber

- ¼ cup peanut butter
- ¼ cup butter or margarine, softened
- ¼ cup corn syrup
- 1 tsp. vanilla
- 1 cup icing sugar
- 2 tbsps. milk

- 2¼ cup graham or vanilla wafer crumbs
- ¼ cup chopped peanuts (optional)

Using a fork, mix together peanut butter, butter, corn syrup and vanilla until well blended. Add icing sugar and milk and mix thoroughly. Add two cups of wafer crumbs and mix well. Shape into 1" balls. Roll the cookies in the remaining ¼ cup of crumbs and in finely chopped peanuts if desired. Place peanut butterballs on a wax paper lined cookie sheet in refrigerator until firm.

RANGER COOKIES

Karen Matheson

- 1 cup shortening (use Fluffo)
- 1 cup white sugar
- 1 cup brown sugar
- 2 cups flour
- 2 cups rolled oats
- 1 cup shredded coconut
- 2 cups cornflakes
- 2 eggs beaten
- 1 tsp. soda
- ½ tsp. baking powder
- ½ tsp. vanilla
- ½ tsp. salt

Bake at 350° for 10 to 12 minutes. Makes approximately 60 cookies. You may need three eggs depending on how dry it is.

SHORTBREAD

Beth Rodgers

- 1 cup butter
- ½ cup brown sugar
- 2 cups flour

Cream butter and sugar well. Work in two cups of flour thoroughly. Sprinkle a little extra flour on board. Form into rolls and wrap in waxed paper. Chill in fridge. Slice the rolls ¼" thick and bake on unbuttered cookie sheet at 350° about 20 minutes or until lightly browned.

Before baking, tops can be pricked with a fork; or add a nut (pecan) or half maraschino cherry, ground nuts, etc.

SHORTBREADS

Bonnie Innes

1 cup butter
⅓ cup fruit sugar
2½-3 cups sifted cake flour

Cream butter and sugar until light and fluffy. Blend in about two cups of the flour, gradually. When a stiff dough is formed, turn out on a floured board. Gradually knead in flour until the dough begins to crack. Roll to ¼" thickness. Cut with a small cookie cutter. Bake at 325° on an ungreased baking sheet for 20 to 30 minutes or until lightly browned. At Christmas, you can put in a small piece of green and red candied cherries (optional).

SMARTIE COOKIES

Rita DeVries

1 cup shortening
1 cup brown sugar
½ cup white sugar
2 tsp. vanilla flavour
2¼ cup flour
2 eggs
1 tsp. baking soda
1 tsp. salt
1½ cup Smarties

In a large bowl, combine first eight ingredients. Add Smarties. Bake at 350°F on ungreased cookie sheet for ten minutes.

UNBAKED CHOCOLATE MACAROONS

Luanna Gravelle

2 cups sugar
½ cup butter
½ cup milk
3 tbsp. cocoa

Mix and bring to a full boil. Remove from stove and add

2 cups oatmeal
1 cup coconut

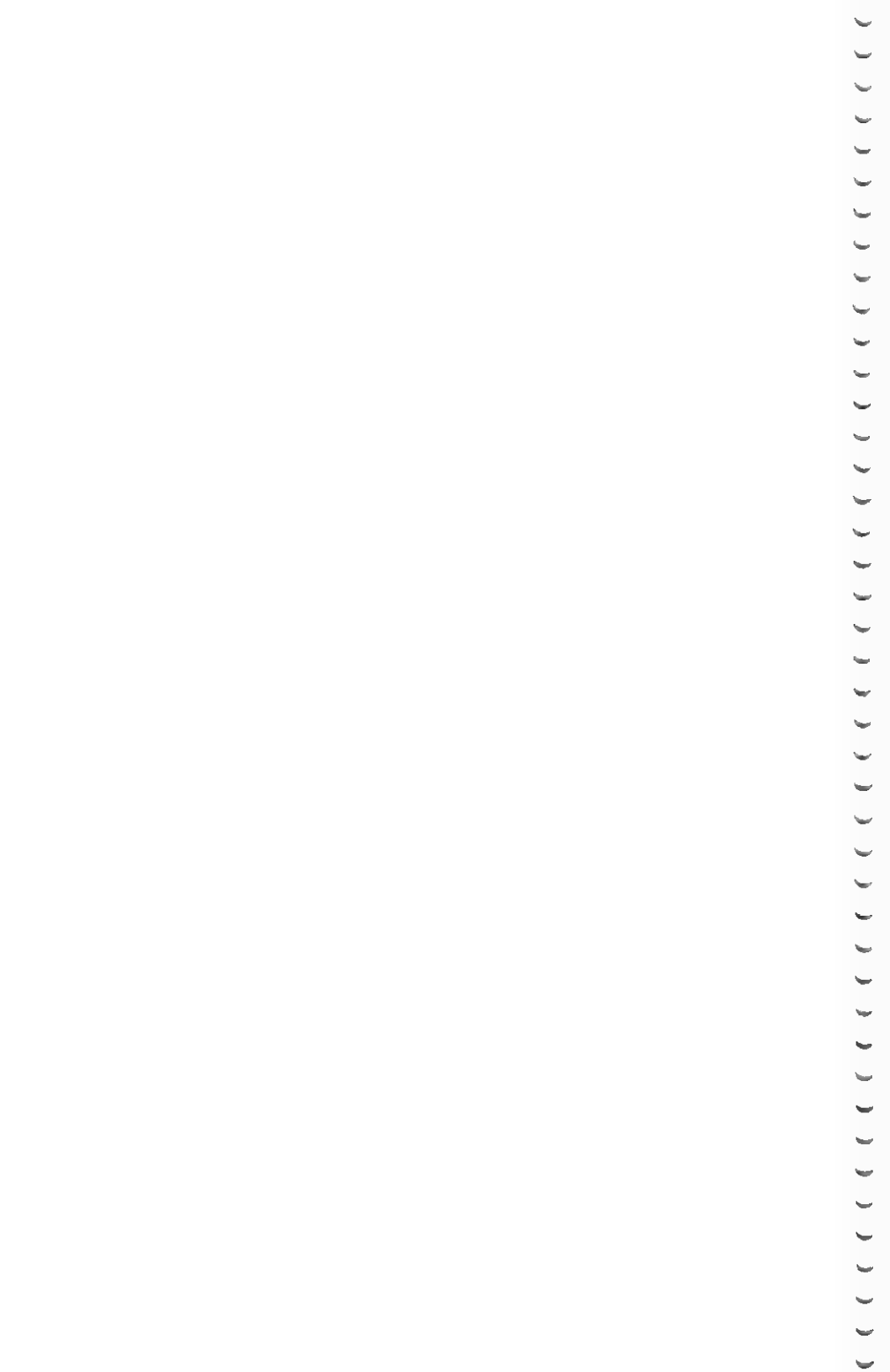
Drop on waxed paper.

UNCOOKED CHOCOLATE DROPS

Brenda Kitching

3 cups rolled oats
1 cup shredded coconut
6 tbsp. cocoa
2 cups white sugar
½ cup milk
½ butter
½ vanilla
¼ chopped walnuts

Combine rolled oats, coconut and cocoa in bowl and mix. Place sugar, butter and milk in saucepan and heat but do not boil. Pour over dry ingredients, mix well and drop small spoonfuls on waxed paper and chill.





DESSERTS

APPLE CRISP

Anonymous

Fruit Mixture

- 4 cups tart cooking apples, peeled and sliced
- ½ cup white sugar

Topping

- ⅓ cup sifted all-purpose flour
- ½ cup brown sugar
- ½ tsp. salt
- ⅓ cup melted butter
- 1 cup rolled oats

Combine apples and sugar in a buttered shallow baking dish. Combine all topping ingredients thoroughly, mixing until crumbly. Sprinkle crumb mixture over apples. Bake in moderate oven, 375°F, for 30 minutes or until apples are tender. Serve warm or cold, plain or with cream or ice cream.

Note: Other fruits in season may be used in place of apples — peaches, blueberries, rhubarb. Adjust amount of sugar to the sweetness of the fruit. Peaches and blueberries are improved with the addition of a tablespoon of lemon juice.

APPLE CRISP

Bonnie Innes

Fruit Mixture

- 4 cups tart cooking apples, peeled and sliced
- ½ cup sugar.

Topping

- ⅓ cup all-purpose flour
- ½ cup brown sugar
- ½ tsp. salt
- ⅓ cup melted butter
- 1 cup rolled oats

Combine apples and sugar in a buttered baking dish. Combine all topping ingredients thoroughly, mixing until crumbly. Sprinkle crumb

mixture over apples. Bake in moderate oven 375° for 30 minutes or until apples are tender.

APPLE CRISP

Douglas Sparling

- 1 cup sugar
- 2 tsp. lemon juice
- ½ tsp. cinnamon
- ¼ cup water
- 6 tart apples, peeled and sliced
- ¾ cup flour
- 6 tbsp. margarine
- ¼ tsp. salt

Combine ½ of sugar, lemon juice, cinnamon and water in bottom of greased two quart baking pan. Mix with apples. Blend rest of sugar, salt, flour and margarine. Sprinkle on top. Bake at 375°F about 40 to 45 minutes. If it doesn't brown well, turn on broiler for a few minutes at end of baking period.

Whole apples can be used, especially if they are small.

APPLE DESSERT

Vera Collins

Low in calories, nutritious and good.

- ¾ cup raisins
- 4½ tsp. cinnamon (optional)
- 6-7 apples, peeled, sliced
- 1 tbsp. cornstarch
- 2 tsp. concentrated lemon juice
- 1 egg beaten
- ¾ cup milk

Cover bottom of medium size casserole with a single layer of raisins. Sprinkle cinnamon over raisins. In a bowl, combine apples, sugar, cornstarch and lemon juice. Mix well and arrange over the raisins. In a bowl, mix beaten egg with milk and pour over the apples. Bake at 350° for 30-40 minutes or until apples are soft.

APPLE DUMPLINGS

Laurine Switzer

Oven 425°F

Mix together

- ¾ cup brown sugar
- ¾ tsp. cinnamon
- ¾ tsp. nutmeg
- ¼ cup raisins (optional)

Prepare biscuit dough

- 2 cups all purpose flour
- 1 tbsp. sugar
- 4 tsp. baking powder
- ¼ tsp. salt

Cut in four tablespoons shortening. Add

- 1 beaten egg
- ¾ cup milk plus 2 tbsp.

Roll out dough and cut into squares to cover each apple (peeled and cored). Fill apple with sugar mixture. Dot with butter. Pinch dough around apple. Place in greased baking dish. Bake 30 - 40 minutes. Serve with a Brown Sugar Sauce.

APPLE KUCHEN

Anonymous

- ½ cup butter or margarine, softened
- 1 pkg. yellow cake mix
- ½ cup flaked coconut
- 1-20 oz. can pie sliced apples **OR**
- 2½ cups apples, sliced, peeled
- ½ cup sugar
- 1 tsp. cinnamon
- 1 cup sour cream
- 2 egg yolks **OR**
- 1 egg

Cut butter into cake mix (dry) until crumbly, mix in coconut. Pat mixture lightly into ungreased 9" x 13" pan, building up slight edges. Bake ten

minutes. Arrange apple slices on warm crust. Mix sugar and cinnamon sprinkle on apples. Blend sour cream and egg, drizzle over apples. Do not overbake. Serve warm.

BAKED CHEESECAKE

Bev Cantelon

- | | |
|---------|---|
| 1-9" | graham cracker or vanilla wafer crust unbaked |
| 2-8 oz. | packages of cream cheese softened |
| ½ cup | sugar |
| 1 tsp. | vanilla |
| 2 | eggs |

Mix cream cheese, vanilla and sugar with electric mixer on medium speed until well blended. Add eggs. Mix well. Bake 325° for 25 minutes. Chill. Top with fresh fruit, fruit or chocolate sauce of your choice.

BUTTER PECAN FROZEN DESSERT

Peg Carson

- | | |
|--------|----------------|
| ½ cup | broken pecans |
| 2 | melted butter |
| ⅔ cup | condensed milk |
| ½ cup | cold water |
| 1 env. | Dream Whip |
| ½ cup | cold milk |
| ½ tsp. | vanilla |

Sauté pecans in butter in a low heat oven for 5 minutes. Cook, combine with condensed milk and water. Prepare Dream Whip with milk and vanilla. Blend condensed milk into Dream Whip, then fold in nuts. Spoon into freezing trays and freeze until partially frozen, stir and freeze until firm.

CHERRIES JUBILEE

Douglas Sparling

- | | |
|--------|---|
| 1 can | pitted, dark, sweet cherries, drained (reserve ¼ cup syrup) |
| ¼ cup | rum |
| ¾ cup | currant jelly |
| 1 tsp. | grated orange peel |

¼ cup brandy
vanilla ice cream

Combine reserved syrup and the rum. Pour over cherries and chill four hours.

At serving time, melt jelly in chafing dish or saucepan over low heat. Stir in cherry mixture and orange peel. Cook, stirring constantly, until mixture simmers. Heat brandy in saucepan. Slowly pour over cherries and ignite. Serve hot over ice cream.

CHOCOLATE CHIP TORTE

Florence Marlow

1 cup chopped dates
1 tsp. baking soda
1 cup sugar
¾ cup shortening
2 eggs
1 tsp. cinnamon
½ tsp. salt
1 tsp. vanilla
1½ cups flour

Sprinkle soda over dates. Add ¼ cup boiling water. Let stand until cooled. Add sugar, shortening, eggs, cinnamon, salt, vanilla and flour. Beat well. Pour into greased 9" x 13" cake pan.

Top Mixture:

½ cup sugar
½ cup chocolate chips
½ cup chopped nuts

Sprinkle top mixture over cake. Bake at 350° for 30 minutes.

CHOCOLATE TRIFLE

Anonymous

1 chocolage cake mix
2 large packages chocolate instant pudding

- 2 small packages whipping cream (whipped separately)
- 2 Crispy Crunch chocolate bars

Make cake mix according to box. When cooled, cut $\frac{1}{2}$ cake into cubes. Layer cake cubes in bottom of **LARGE** glass bowl. Prepare one pudding mix using one cup less milk than directions state. Pour pudding over cut up cake. Top with one carton of whipped cream. Break up one chocolate bar and sprinkle on top of whipped cream. Repeat the whole procedure again with the other $\frac{1}{2}$ of the ingredients. Great idea for a large family gathering because it makes a very, very large bowl full. I use a punch bowl.

Very low in calories!!!!

DATE DELIGHT DESSERT

Lois Kipfer

- 12 Oreo chocolate cream filled cookies
- 8 oz. dates cut up
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ tsp. salt
- 2 cups tiny marshmallows
- $\frac{1}{2}$ cup chopped pecans (optional)
- 1 cup whipping cream
- $\frac{1}{2}$ tsp. vanilla

Crumble cookies. Reserve $\frac{1}{4}$ cup crumbs. Spread remainder in baking dish 8" x 8". Combine dates, water, salt. Bring to a boil. Simmer three minutes. Add marshmallows and stir until melted. Cool. Add nuts. Spread date mixture over crumbs. Combine cream and vanilla. Whip until stiff. Swirl over dates. Sprinkle with crumbs and nuts. Refrigerate.

EASY CHERRY CHEESECAKE

Pat Holden

- 1 pkg. Philadelphia cream cheese
- 1 cup icing sugar
- 1 tsp. vanilla
- 2 env. Dream Whip
- $\frac{1}{2}$ cup brown sugar

- ½ cup melted margarine or butter
- 2 cups honey graham cracker crumbs

Cream cheese. Add icing sugar and mix. Add vanilla. Prepare envelopes of Dream Whip according to directions and add to above. Mix brown sugar, melted butter and graham crumbs together. Press crumb mixture into a pan and top with cheese mixture. Spread one can cherry pie filling on top. Refrigerate until firm. Alternate toppings; strawberry, blueberry, etc.

FUZZY NAVEL CHEESECAKE

Kate Gibson

Crust

- 1½ cup graham wafers, crushed
- ¼ cup white sugar
- ½ cup butter

Mix and press into 9" x 13" pan

Filling

- 2-8 oz. packages cream cheese (light optional)
- 1½ cup icing sugar
- 6 tbsp. frozen orange juice concentrate
- 2 oz. Peach Schnapps
- lrg. Cool Whip

Mix and pour over crust

Glaze

- 1-10 oz. juice from can mandarine orange sections
- 2 oz. Peach Schnapps
- ¼ cup water
- 1 tbsp. cornstarch

Mix and thicken. Cool.

Line top of cheesecake with orange sections and cover with glaze. Refrigerate 3-4 hours before serving.

HAWAIIAN PINEAPPLE CREAM

Luanna Gravelle

- 1 can sweetened condensed milk
- ¼ cup lemon juice
- 10 marshmallows, quartered
- ½ cup pineapple pieces, drained
- a few maraschino cherries
- ½ cup whipping cream, whipped stiff

Mix these ingredients together and place between layer of the following mixture.

- 2½ cups rolled graham wafers

Combine with

- ½ cup of butter

Place in refrigerator over night.

ICE BOX DESSERT

Gail Coveney

Mix

- 1 package lemon jello
- 2 cups hot water

Let set to jello stage.

Mix

- ⅔ box graham wafer crumbs
- ½ cup brown sugar
- ½ cup melted butter

Put ⅔ of mixture in bottom of pan.

Whip

- 1 tall tin Carnation milk (chilled)

Add

- 1½ lemons (or more)
- ½ cup white sugar

Mix jello and whipped Carnation milk mix together with beater. Pour over crumb mixture. Top with remaining crumbs. Chill until set.

LEMON SNOW

Helen Chalmers

$\frac{3}{4}$ cup granulated sugar
2 tbsp. cornstarch

Mix the above with 1-2 tbsp. of cold water. Put in double boiler and add $1\frac{1}{4}$ cup boiling water. Stir until thick. Remove and add 2 egg whites beaten stiff and juice of one lemon.

Lemon Sauce:

1 cup milk
2 egg whites
 $\frac{1}{4}$ cup sugar
1 tbsp. cornstarch.

Boil until thick.

MINIATURE CHEESECAKES

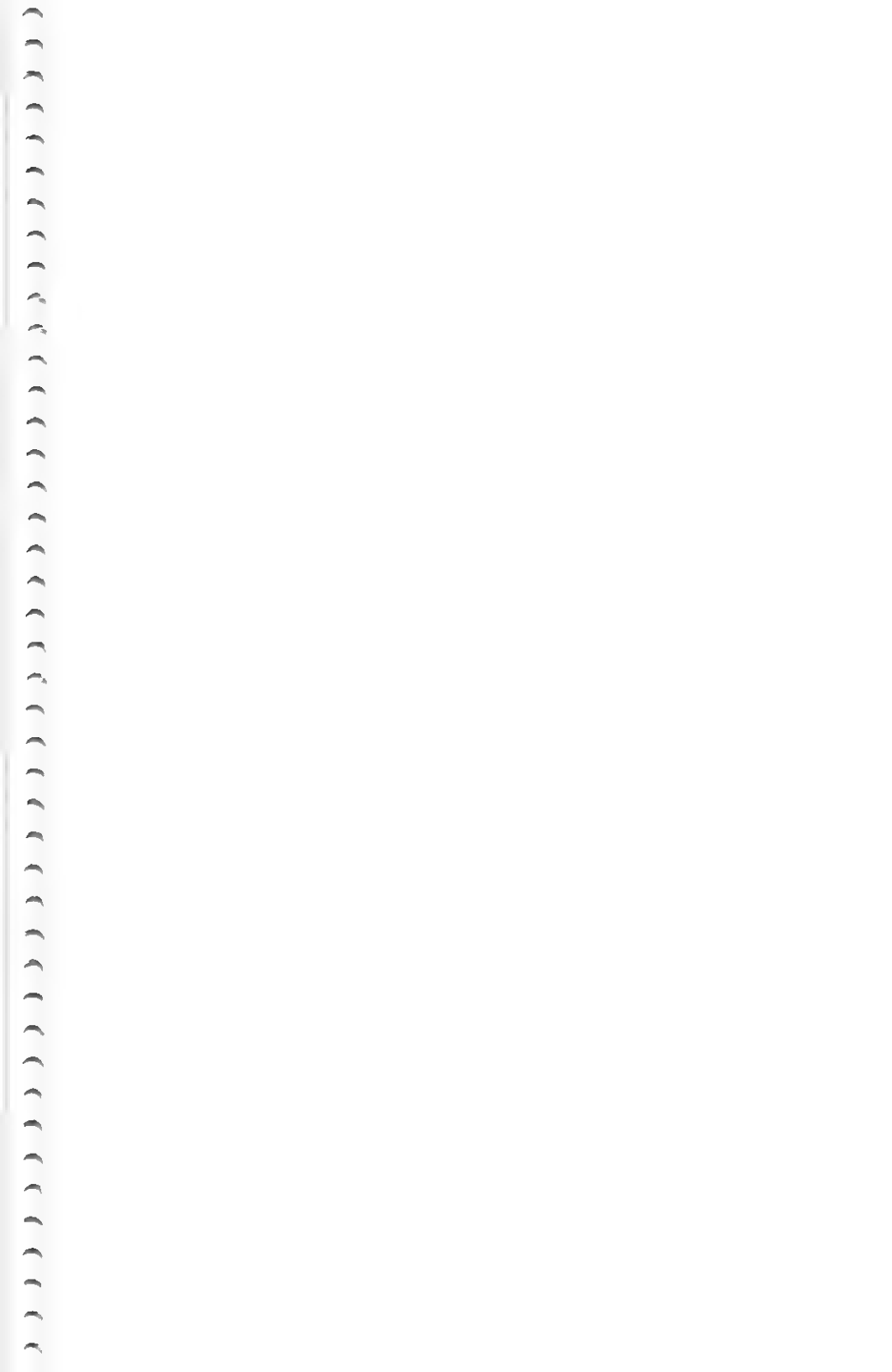
D. Dougherty

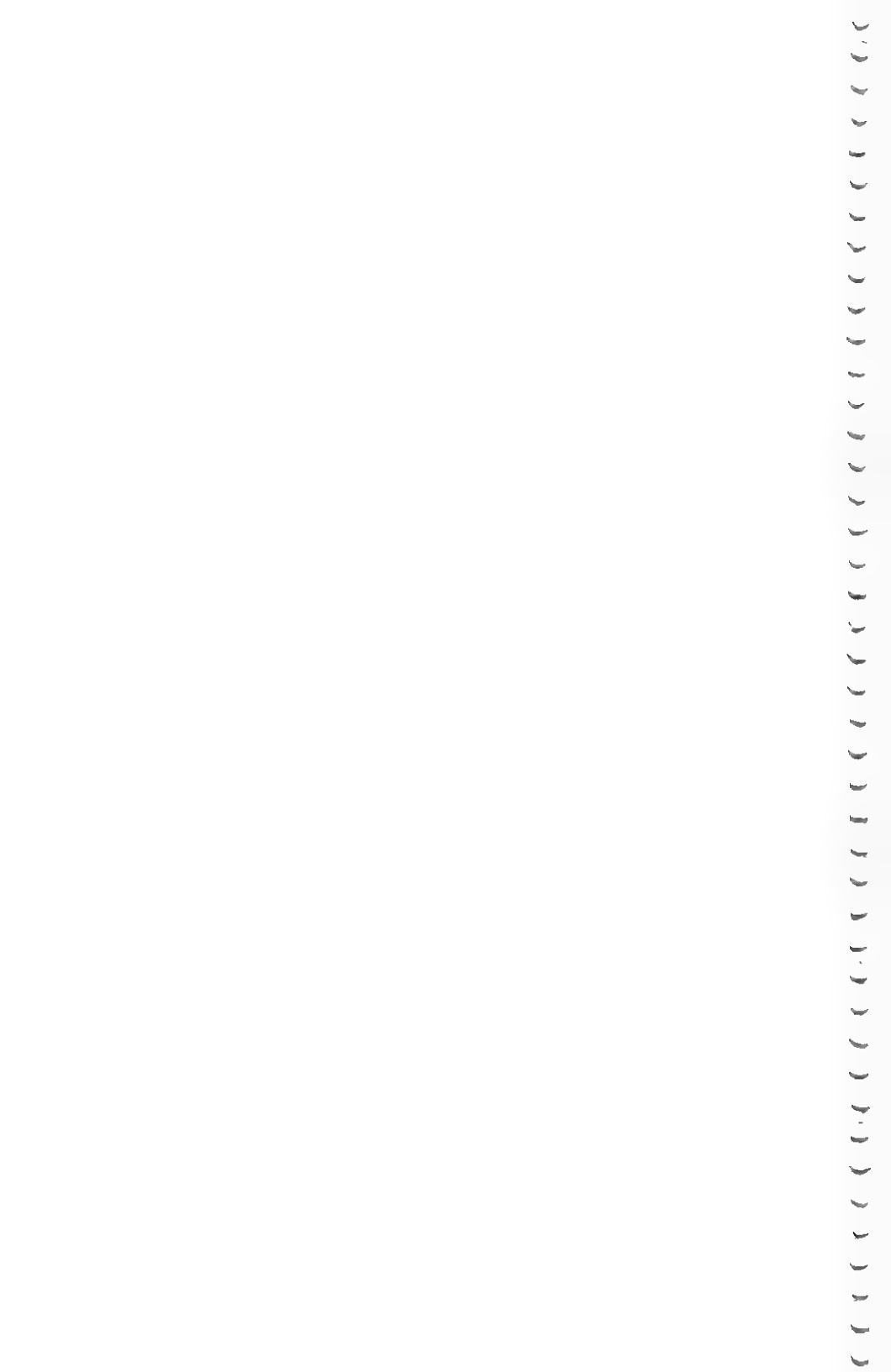
$\frac{1}{3}$ cup graham cracker crumbs
1 tbsp. sugar
1 tbsp. margarine, melted

1-8 oz. pkg. cream cheese, softened
 $\frac{1}{4}$ cup sugar
 $1\frac{1}{2}$ tsp. lemon juice
 $\frac{1}{2}$ tsp. grated lemon peel
 $\frac{1}{4}$ tsp. vanilla
1 egg

cherry, strawberry or any flavour pie filling or preserves

Combine crumbs, sugar and margarine. Press rounded tablespoonsful of mixture into bottom of six paper muffin liners. Bake at 325° , five minutes.





Combine cream cheese, sugar, juice, peel and vanilla, mixing at medium speed with mixer until well blended. Blend in egg; pour into muffin cups to $\frac{3}{4}$ full. Bake at 325°, 25 minutes. Cool before removing. Chill and top with choice of flavourings.

MISSISSIPPI MUD

Kim Miller

First layer:

$\frac{1}{2}$ cup margarine
1 cup flour
 $\frac{1}{2}$ cup sliced almonds

Mix well and bake in 9" x 13" pan for 20 minutes. Cool

Second layer:

1 lrg. Philadelphia cream cheese
1 cup icing sugar
1 cup Cool Whip

Mix well and spread very gently over the first layer.

Third layer:

2 3 oz. or
1 6 oz. package of instant chocolate pudding

If you use the large package, use only:

$2\frac{1}{2}$ cups milk

If you use the small, use only:

3 cups milk

Whip until thick. Spread over 2nd layer. Refrigerate three to four hours or over night. Spread more Cool Whip on top. Sprinkle with grated chocolate.

MUD

Karen Schmidt

2 small packages vanilla instant pudding
 $3\frac{1}{2}$ cups milk

- 1 lrg. Cool Whip
- 1-8 oz. package cream cheese
- ½ cup butter

Mix together pudding and milk, then add cool whip. Add cream cheese and butter (already mixed together). Crush large package Oreo cookies. Arrange cookie crumbs and pudding mixture in layers.

Treat For Kids

Arrange in layers in a new sand pail and use a new shovel to dish it out! You can also intertwine jube jube worms into the layers as you make them.

OLIEBOLLEN

Warren Schmidt

- 1 tbsp. white sugar
- 1½ cup lukewarm water
- 3 pkgs. granular yeast
- ½ sugar
- ½ cup margarine or shortening
- 1 tbsp. salt
- 2½ cups hot milk
- 3 eggs
- 9 cups all purpose flour
- 1½ apples, chopped
- 2 cups currants

Dissolve sugar in lukewarm water. Sprinkle yeast on top. Stir after ten minutes. Stir sugar, margarine and salt into hot milk. When lukewarm, add yeast mixture, eggs and 4 cups of flour. Mix fruit in remaining 5 cups of flour and add to dough, mixing well. Cover and let rise until double in bulk. Drop from tablespoon into hot oil or shortening and deep fry for 4 minutes. Serve dipped in icing sugar.

PEACH PARFAIT

Nellie Tiemens

- 2-3 oz. package orange jello
- 1½ cup ginger ale
- 1-20 oz. can peach halves, drained

- 1 tbsp. lemon juice
- 2 tbsp. chopped almonds
- 2 tbsp. chopped glazed cherries
- 1 pint vanilla ice cream

Heat ginger ale and dissolve one of the jello powders in it. Arrange peach halves, rounded side down, in a 9" x 5" pan and pour jello mixture over it. Dissolve completely, the second jello in the peach juice which has been heated. Stir in the ice cream until completely blended. Add lemon juice, almonds and cherries. Place mixture on top of set jello. Keep chilled until needed.

RHUBARB MERINGUE

Hanna Goodmundson

- ½ cup sugar
- 1 cup flour
- 2 tbsp. sugar

Cream together and bake at 350°F for ten minutes.

- 3 egg yolks
- 1 cup sugar
- 2 tbsp. flour
- ½ cup half & half

Add 2½ cups rhubarb cut up. Pour onto baked bottom and bake for 50 minutes. Whip egg white until stiff. Add ¼ cup sugar and vanilla. Pour on cake. Sprinkle with coconut and bake until golden.

STRAWBERRY OR PEACH SHORTCAKE

Linda Seguin

- 4 cups flour
- 2 tbsp. baking powder
- 1 tsp. baking soda
- 1 cup sugar
- Pinch salt
- 1 cup shortening
- 2 cups buttermilk or sour milk

Mix dry ingredients and shortening until mixture is crumbly. Add buttermilk and mix just enough to make sure the dry part is moistened. Spread dough into two 9" round cake pans, greased. Sprinkle sugar over top and bake 400°F 20 minutes or until done.

Makes two 9" cakes. Serve with whipped cream and fresh fruit.

FISH

FISHERMAN'S LIGHT FILLETS

Barb Boyes

- ½ cup Italian no-oil dressing
- ½ cup green onion sliced
- 2 cups tomatoes chopped
- 1 cup green pepper diced
- 1 lb. fish

In large skillet, heat dressing and cook green pepper and onion until tender. Add fish and tomato, simmer covered 10 minutes or until fish is flaky. Makes 4 servings.

SALMON LOAF

Bonnie Innes

- 1 lrg. can salmon **OR**
- 2 small ones
- salt and pepper to taste
- butter size of an egg
- 1 cup milk

Either bake or steam until solid.

SALMON QUICHE

Jean J. Grant

Have uncooked pastry in 9" or 10" pie shell.

Filling:

- 1 cup chopped or shredded cheese (Swiss or cheddar)
- 2 tbsp. chopped onion
- 2-7¼ oz. salmon drained. Save juice

Place cheese in pastry shell and then sprinkle onion over top. Flake salmon and spread over cheese and onion. Mix 3 eggs, beaten, 1 cup milk and salmon liquid together. Pour over salmon. Sprinkle with basil. Bake at 375° about 55 minutes or until set. Serve hot.



FOOD FOR THOUGHT

COOKING HINTS

Marie Yantzi

To boil cracked eggs, prick the large end of egg with a needle to prevent egg from boiling out.

A pinch of baking soda added to any boiled syrup will keep it from crystallizing.

Before grilling a steak or hamburger in the stove broiler, put some water in the drip pan under the broiler rack. Fat drops into the water with no smoke, no sizzling fat, nor charred odour.

When cream will not whip, add the white of an egg to it. Let both cream and egg be thoroughly chilled. Then try it again. It will whip easily.

Before heating milk in a saucepan, rinse the pan with water and it will not scorch so quickly.

Broccoli, cabbage and onions give off an unpleasant odour while cooking. To prevent this, cook the vegetables uncovered and place two pieces of bread on the water.

Butter around the outside of kettle in which you are cooking jelly to prevent it from running over.

To glaze pies, brush with the white of an egg, if you wish them shiny.

Add 1¼ to 1½ tsp. sugar in water before adding to pie crust for a brown crust.

1 tsp. cream added to 2 lbs. hamburger keeps it from falling apart so easily.

To make a smooth and creamy boiled icing, add 1 tbsp. cornstarch to each cup of sugar.

HANDY HINTS

Ethel Young

For a fluffy omelette, beat egg whites and yolks separately first.

Jennie Hoy

Use date filling between layers of chocolate cake, then ice with buttercream icing. Melt semi-sweet chocolate for a glaze over the icing.

Helen O'Leary

Add a sprig of peppermint when boiling fresh peas.

When cooking beef barley soup, add a bay leaf for extra flavour.

Carrots will stay fresh longer if the tops are left on.

Jean Grant

For a tastier macaroni and cheese casserole, use old cheese.

Rita Riehl

An effective bug killer for roses can be made from boiling rhubarb leaves and adding soap to the water. Spray on roses but be careful as this is toxic.

Doug Fischer

Plant peas and cucumbers only ½" deep for best results. Plant corn deep if a drought is predicted.

HELPFUL HINT

Sharon Krauskopf

Clean oven racks the easy way. Put them in a plastic garbage bag with two paper towels soaked in ammonia. Tie the bag tightly and set it in the sun. Wait a couple of hours. The racks will wash clean in a quick sudsing.

HELPFUL HINTS

Karen Schmidt

Save waxed paper bags from cereal boxes to roll cookies in. It makes less mess. Also, this waxed paper can be saved and cut into smaller pieces for greasing cake or muffin tins or to lay cookies on when they come out of the oven.

HONEYMOONER'S SALAD

M. J. Graham

JUST LETTUCE ALONE

KITCHEN IDEAS

Charlene Kuepfer

1. Use cooking or salad oil in waffles or hotcakes in place of shortening. No extra pan or bowl to melt the shortening and no waiting.
2. When cooking cabbage, place a small tin cup or can half full of vinegar, on the stove near the cabbage. It will absorb all odour from it.
3. Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
4. Put a layer of marshmallows in the bottom of a pumkin pie, then add the filling. You will have a nice topping as the marshmallows will come to the top.
5. To prevent crust from becoming soggy with cream pies, sprinkle crust with powdered sugar before adding filling.

LOVER'S WEDDING CAKE

Charlene Kuepfer

4 lbs.	love
½ lb.	battered youth
½ lb.	sweet temper
½ lb.	self-forgetfulness
½ lb.	powdered wits

½ pint	rippling laughter
2 tsp.	sweet arguments
½	wineglass of common sense

Put the flour of love, good looks and sweet temper into a well furnished home. Mix the butter of youth together with blindness of faults and self-forgetfulness. Throw in dry humour and sweet arguments, the add to the above. Pour in gently rippling laughter. Work together until mixed well, then bake gently forever.

PENSIVE THOUGHTS

Lynda Romanick

1. You needn't tell people what you know — they can tell by the things you do.
2. There is a vast difference between putting your nose in other people's business and putting your heart in other people's problems.
3. Life is like a coin — you can spend it any way you wish but you can spend it only once.
4. Patience is the ability to put up with people you'd like to put down.
5. "Wrinkles are just God's etchings."
6. A wedding is an event, but marriage is an achievement.
7. Laughter is God's gift to mankind and mankind is the proof that God has a sense of humour.

RECIPE FOR A GOOD DISPOSITION

Sharon Krauskopf

3	grains of common sense
1	good liver
1	bushel of contentment
1	large heart
	Plenty of fresh air and sunshine

Do not bring to a boil.

RECIPE FOR A HAPPY HOME

Pat Sabourin

4 cups love
2 cups loyalty
3 cups forgiveness
1 cup friendship
5 tsp. hope
2 tsp. tenderness
2 qt. faith
1 barrel of laughter

Take love and loyalty, mix it thoroughly with faith. Blend in with tenderness, kindness and understanding. Add friendship and hope, sprinkle abundantly with laughter. Bake it with sunshine. Serve daily with generous helpings.

THOUGHTS TO PONDER

Pat Sabourin

If you cannot do great things,
Do small things in a great way.

Achieving starts with believing.

If you indulge, you'll bulge

You really have insomnia if you can't sleep when it is time to get up.

In money matters I have found,
I cannot win these days,
I taught my kids what money is worth,
and now they want a raise.

The most important things in life aren't things.

Today's success is yesterday's failure, who wouldn't give up.

We all love a good loser; if it isn't us.

An apology is a good way to have the last word.

If you wouldn't write it and sign it, don't say it.

The happiness we give to others makes us happier too we find. Just as friendship returns to the friendly and kindness comes back to the kind.

Nothing makes a child thirsty like a sleeping parent.

Happiness is not perfected until it is shared.

You cannot change yesterday, that is clear,
Or begin tomorrow until it is here.
So the only thing for you and for me,
Is to meet tomorrow as sweet as can be.

When the meal isn't ready, they're under my feet.
When the food is on the table, they're far down the street.

THOUGHTS TO PONDER

Pat Sabourin

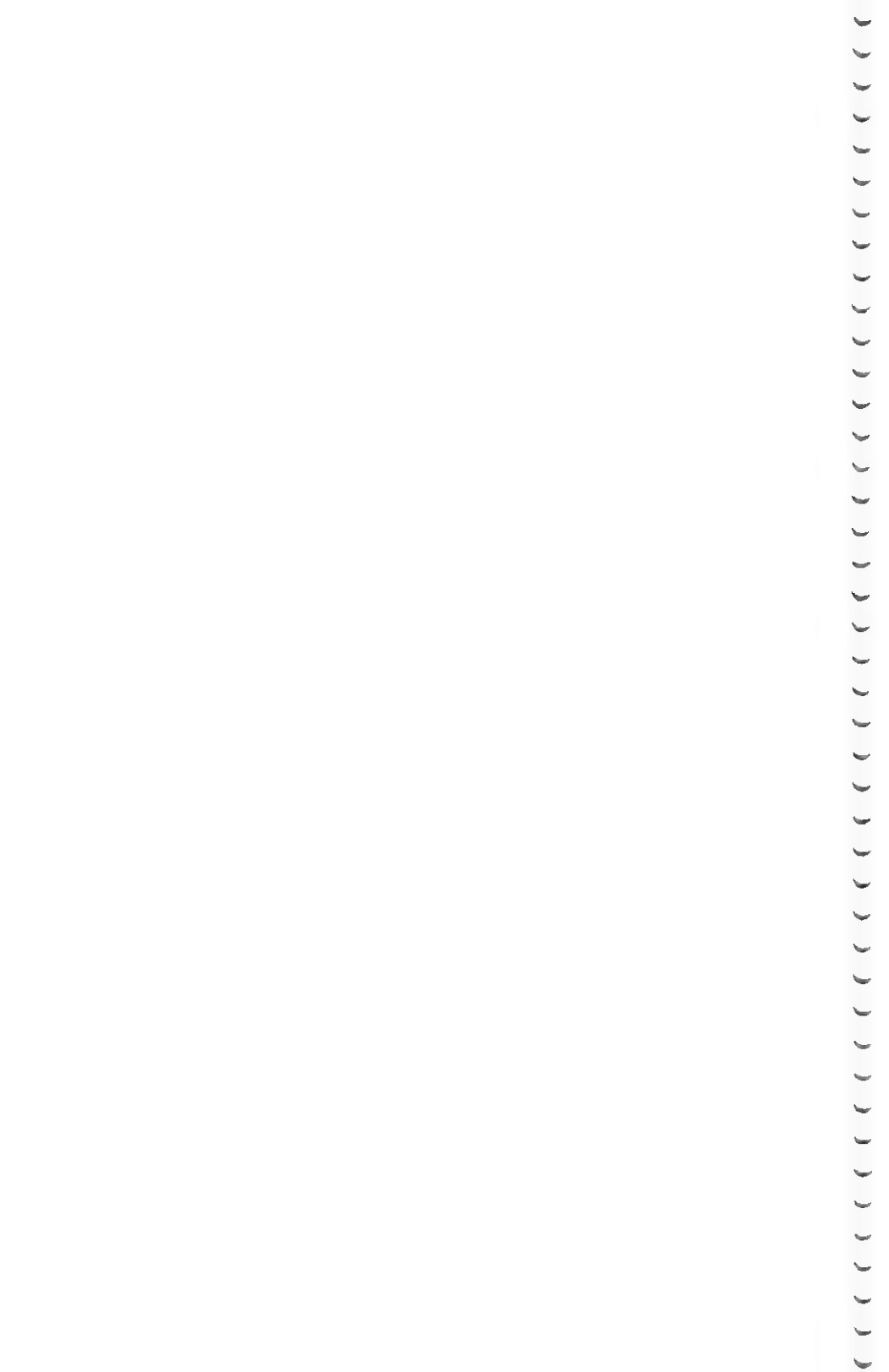
Give without remembering, take without forgetting.

Live one day at a time and make it a masterpiece.

People who snore always fall asleep first.

No one knows what they can do, until they try.

Half of being smart is knowing what you're dumb at.



FROSTINGS

APPLE FROSTING FOR CAKES

Vera Collins

- 1 egg white
- 1 cup white sugar
- 1 grated apple

Beat stiff and add nuts (optional). Make and have cold. Frost your cake just before serving.

CHOCOLATE BUTTER ICING

Kim Miller

- 3 tbsp. soft butter
- 1 egg yolk, at room temperature
- 1 tbsp. milk, heated
- 1 tsp. vanilla
- Pinch salt
- 1¼ cups icing sugar
- 1½ tbsp. cocoa

Frosts an 8" square cake.

Using electric beaters, beat butter and egg yolk until very fluffy. Stir in sifted icing sugar mixed with cocoa. Mix well. Add hot milk, vanilla and shake of salt. Beat until frosting is very light and fluffy.

COCONUT PECAN FROSTING FOR GERMAN CHOCOLATE CAKE

Doris Wolfgram

- 1 cup Carnation evaporated milk
- 1 cup sugar
- 3 egg yolks, slightly beaten
- ½ cup butter
- 1 tsp. vanilla

Cook and stir over medium heat, until mixture thickens, about 12 minutes. Remove from heat.

Add:

1½ cup coconut
1 cup pecans or walnuts

Cool until spreading consistency, beating occasionally. I make a German Chocolate Cake Mix and bake as directions say. Spread this frosting on the top. Mmmmm good.

CREAM CHEESE FROSTING

Luanna Gravelle

1 3 oz. package cream cheese
2 tbsp. milk
1½ cup sifted icing sugar
¼ tsp. salt
½ tsp. vanilla

Beat cream cheese until fluffy. Stir in remaining ingredients. Blend well. Spreads well on 9" x 13" brownies, date bars, etc.

ICING FOR RUM CAKE

Peg Carson

1½ cup icing sugar
¾ cup butter

Cream together and flavour with vanilla or rum flavouring.

PINK CLOUD FROSTING

Olive Wilker

1 cup sugar
⅓ cup water
⅓ tsp. cream of tartar

Stir until mixture comes to a boil, then boil without stirring until soft ball stage. Gradually pour hot syrup into two stiffly beaten egg whites, beat constantly until frosting stands up in peaks. Tint with pink colouring or leave white.

UNCOOKED FLUFFY FROSTING

Helen Chalmers

1	egg white unbeaten
Pinch	salt
$\frac{3}{4}$ cup	sugar
$\frac{1}{4}$ tsp.	cream of tartar
$\frac{1}{2}$ tsp.	vanilla
$\frac{1}{4}$ cup	boiling water

Combine unbeaten egg white, salt, sugar, cream of tartar and vanilla in a deep medium bowl. Add boiling water and beat with a rotary egg beater or high of electric mixer, until it stands up in peaks. If colour is desired, a drop or two of food colouring may be added while beating.



MISCELLANEOUS

TERIYAKI MARINADE

Bev Cantelon

- ½ cup soy sauce
- ½ cup brown sugar
- 1 clove garlic, finely chopped
- 2 tsp. ground ginger
- 1 tsp. vinegar
- ½ tsp. pepper

Combine ingredients. Add beef, making sure marinade covers the entire cut. Cover and refrigerate 6-24 hours. Grill beef as desired.

SWEETENED CONDENSED MILK

Pat Sabourin

- ¼ cup melted butter
- ⅓ cup boiling water
- 1 cup instant skim milk powder
- ⅔ cup sugar

Pour butter and boiling water into blender jar. Add powdered milk and sugar. Blend, scraping down sides frequently until smooth. Add one to two tbsp. boiling water if too thick. Store in refrigerator. Bring to room temperature before using.

Yields 1¼ cups equivalent to 300 ml. can of commercial sweetened condensed milk.

YOGHURT HONEY PANCAKES

Karen Ball

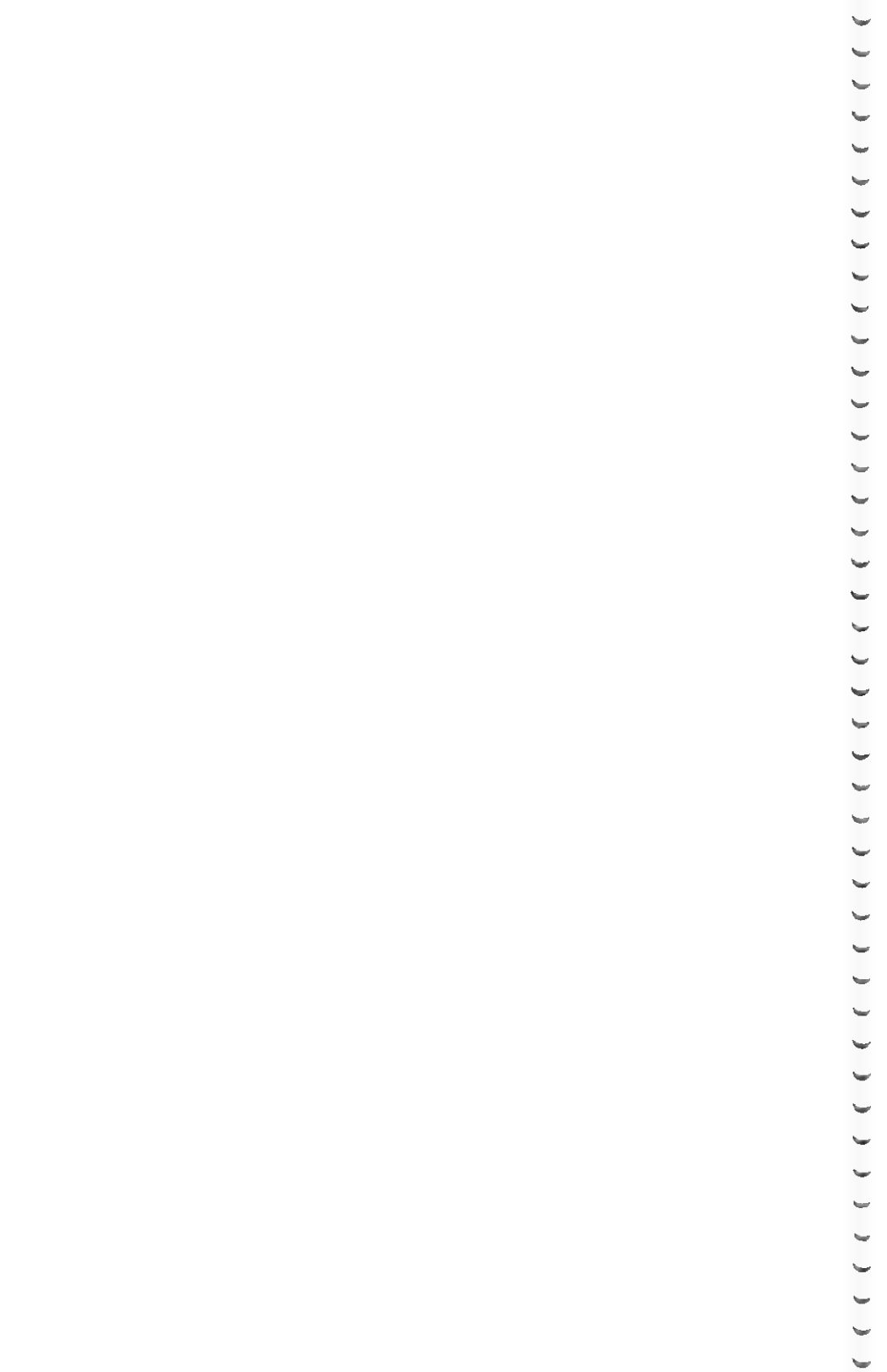
- 1½ cups all purpose flour
- 1½ tsp. baking powder
- ½ tsp. baking soda
- 2 eggs
- ¾ cup plain yoghurt
- ¾ cup milk
- 2 tbsp. honey
- 3 tbsp. vegetable oil

Measure dry ingredients into mixing bowl and stir well. beat eggs, stir in yoghurt, milk, honey and oil. Stir liquid ingredients into dry ingredients and mix just until blended. Drop batter onto hot, lightly greased griddle. Cook until bubbles come to the surface and the edges of the pancake are beginning to set. Turn them over and watch them rise in a very impressive fashion. Serve hot with butter and syrup. Enjoy!

YOGHURT

Marie Yantzi

Heat 1 quart of milk to 150°. Add ½ tsp. Knox gelatine soaked in a little cold water. Cool this down to 115° Add 2 tbsp. plain yoghurt and beat well. Put in jar with lid on and set in oven with pilot on which will keep it warm until it starts to thicken (about 6-10 hours). Then put in refrigerator. For plain yoghurt, either use from your recent batch or the plain, unflavoured from the store. If desired, add two boxes jello, any flavour. Fix like directions on box. When cool, add the yoghurt and beat well. (If you like you can put in small containers and refrigerate.) It makes a very nutritious after work or school snack.



MUFFINS

BANANA BRAN MUFFINS

Sharon Krauskopf

- 3 lrg. ripe bananas
- 1½ cup white sugar
- 2 eggs
- 1 cup all bran
- 2 tsp. baking soda
- 2 tsp. baking powder
- 1 tsp. salt
- 2 cups all purpose flour
- ¾ cup melted butter or margarine

Combine bananas, sugar and egg. Mix well. Then mix in melted butter. With a spoon, stir in dry ingredients and blend **ONLY** until mixed. Pour into greased muffin tins. Bake at 375° for 20 minutes.

BANANA MUFFINS

Gail Naim

Sift together:

- 1½ cup flour
- 1 cup sugar
- ½ tsp. baking powder
- ½ tsp. nutmeg
- Pinch salt

Make a hole in centre and add:

- ½ cup margarine, melted
- 1 cup mashed bananas (2 medium)
- 1 tsp. soda dissolved in
- 1 tbs. boiling water
- 1 egg beaten

Stir together. Bake at 350° 10-15 minutes.

BANANA MUFFINS

Karen Schmidt

- 2 bananas mashed and enough water to make a cup
- 1 cup white sugar
- 1 cup Miracle Whip

2 cups flour
1 tsp. baking soda
½ cup raisins (optional)

Mix all ingredients together, stir slowly but not too much, just until mixed. Use a wooden spoon. Bake at 350° for 15 to 20 minutes.

BANANA PINEAPPLE MUFFINS

Winnie Ashbourne

½ cup crushed pineapple (drained)
½ cup mashed banana
1 tsp. soda
½ cup margarine
¾ cup white sugar
1½ cups all purpose flour
½ tsp. baking powder

Mix and bake at 357°F for 20 minutes.

BEST EVER BANANA MUFFINS

Sharon Krauskropf

3 lrg bananas
1 egg
¾ cup white sugar
1 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
1½ cups all purpose flour
⅓ cup melted butter

Mash bananas. Add sugar and slightly beaten egg. Add the melted butter. Add dry ingredients and bake 375°F for 20 minutes.

CARROT MUFFINS

Laurine Switzer

2 eggs
¾ cup sugar
1½ cups flour

- 2/3 cup oil
- 1 tsp. vanilla
- 1 cup grated carrots
- 1/4 tsp. salt
- 1/2 tsp. soda
- 1 1/2 tsp. baking powder
- 1/2 tsp. cinnamon
- 1 cup raisins

Pour boiling water over raisins and drain. Beat eggs, add sugar and oil and beat. Add all other ingredients, stir and put in greased muffin tins. Bake 15 minutes at 350°

CARROT PINEAPPLE

Sharon Krauskopf

- 1 1/2 cups all purpose flour
- 1 cup white sugar
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 2 eggs
- 1 tsp. vanilla
- 2/3 cup vegetable oil
- 1 cup grated carrots
- 1/2 cup crushed pineapple with juice

Oven temperature at 400°F. Sift dry ingredients into bowl. Beat together eggs, vanilla and oil. Add to flour mixture. Add carrots, pineapple and juice. Mix well. Fill muffin cups and bake at 400°F for 20 minutes. Makes 12 large muffins.

MORNING GLORY MUFFINS (makes 18)

Bonnie Falconer

- 2 cups all-purpose flour
- 1 1/2 cups sugar
- 2 tsp. baking soda
- 2 tsp. cinnamon

¼ tsp.	nutmeg
½ tsp.	salt
2 cups	grated carrot
½ cup	raisins
½ cup	chopped pecans
½ cup	sweetened shredded coconut
1 cup	peeled, cored and grated apple
3 large	eggs
¾ cup	vegetable oil
¼ cup	orange juice
2 tsp.	vanilla

Preheat oven to 350°. Sift together first six ingredients in a large bowl. Stir in next five ingredients. In separate bowl, beat eggs together with oil, juice and vanilla. Stir liquid mixture into flour mixture (lightly). Spoon batter into well greased muffin tins (filled to the top). Bake for 35 minutes or until springy to touch. Let cool for five minutes and then turn out on a rack.

MORNING GLORY MUFFINS

Pat Sabourin

In a large bowl mix:

2 cups	flour
1¼ cups	white sugar
2 tsp.	baking soda
2 tsp.	cinnamon
½ tsp.	salt

Stir in:

2 cups	grated carrot
½ cup	raisins
½ cup	chopped nuts
½ cup	coconut
1	apple, peeled and grated

In a bowl beat:

3	eggs
1 cup	salad oil
2 tsp.	vanilla

Stir egg mixture into flour and fruit until batter is just combined — DO NOT OVERMIX! Spoon into well greased muffin tins filling to the top. Bake 350°F for 20 minutes. Makes about 12–15 large muffins.

OATMEAL ORANGE MUFFINS

Laura Cardwell

- 1 cup rolled oats
- ½ cup orange juice
- ½ cup boiling water

Let stand for 15 minutes, while you prepare the rest of mixture.

- ½ cup butter
- ½ cup brown sugar
- 2 eggs, beaten
- 1 cup cut up dates
- 1 cup flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. vanilla
- 1 tsp. salt
- Grated orange peel

*Heather
helped
Feb 29/06*

In beater bowl, cream butter and sugar. Beat in eggs and oat mixture. Stir in dates. Add flour, soda, salt, baking powder and vanilla. Bake at 350° for 20 minutes.

PASTA & RICE

DILLED NOODLES

Linda Seguin

- 1 tsp. salt
- 2½ cups broad noodles
- ¾ cup cottage cheese
- 2 tbsp. chopped fresh dillweed
pepper

Amounts of noodles and cheese vary with number of servings.

Cook noodles, uncovered and stirring occasionally, 10-12 minutes or until tender. Drain noodles, return to hot saucepan. Add cheese, dill and pepper, tossing lightly to combine. Reheat gently.

LASAGNE

Kim Miller

Sauce:

- 2 lbs. ground steak
- 1 garlic clove or garlic salt
- 1 tbsp. whole basil (optional)
- 1½ tsp. salt
- 1-19 oz. can tomatoes (2 cups)
- 2-6 oz. cans tomato paste
- 1 can sliced mushrooms, drained
chopped onion

Filling

- 10 lasagne noodles
- 3 cups cottage cheese
- ½ cup parmesan cheese
- 2 tbsp. parsley flakes
- 2 eggs, slightly beaten
- 1 tsp. salt
- ½ tsp. pepper
- 1 lb. mozzarella cheese, sliced

Brown meat slowly, spoon off excess fat. Add next 7 ingredients. Simmer uncovered for twenty minutes, stirring occasionally. Cook noodles in boiling salted water until tender, drain. Combine remaining ingredients except for the cheese (mozzarella). Place half of the noodles in greased

9" x 13" x 2" casserole pan. Spread with half the cottage cheese mixture. Add half the cheese slices, then half the meat sauce, repeat the layers. Sprinkle top with grated cheese. Bake at 375° for approximately 1 hour. Let stand about 15 minutes before serving. Cut into squares. Makes about 12 servings.

MACARONI & CHEESE

Kim Miller

- 8 oz. elbow macaroni
- 10 oz. sharp cheddar cheese
- 2 tbsp. butter
- 4 tbsp. flour
- 2 cups milk
- $\frac{3}{4}$ tsp. salt
- 2 tsp. dijon mustard
- 1 tsp. worchestershire sauce
- $\frac{1}{2}$ tsp. pepper

Heat oven to 350°. Butter 2 quart casserole dish. Cook macaroni in boiling water, salted, until done and drain. Grate cheese. Melt butter in saucepan, stir in flour and cook until it bubbles. Slowly stir in milk, add salt and bring to a boil. Stirring, bring to a boil for one minute. Stir in mustard and worchestershire sauce, pepper and cheese. Combine with macaroni and pour into prepared pan. Bake until golden brown, about 35 minutes.

ORIENTAL RICE

Sharon Seebach

1½ cups rice cooked in 1¾ cup water. Cool. Add 10 oz. pkg. frozen peas (unthawed), 1½ cups celery, diced, ¼ cup onion, chopped. Add 1 can chow mein noodles before serving with dressing

Dressing:

- ½ cup corn oil
- 1 tsp. celery seed
- 1 tbsp. soy sauce
- 1 tsp. salt
- 1 tsp. malt vinegar
- 2 tsp. curry powder

½ tsp. Accent
½ tbsp. sugar

Shake together and add to rice when ready to serve.

RICE PARISIAN

Anonymous

Melt 2 tbsp. butter in frying pan. Add 1 cup minute rice and sauté over medium heat until rice is golden brown, stir. Add 1-10 oz. tin condensed onion soup, ¼ tsp. salt, 1 cup water and 1-5 oz. can mushrooms. Bring to boil, cover and simmer 8-10 minutes or until most of liquid is absorbed.

RICE PILAF

Linda Seguin

½ cup butter or margarine
1 lrg. onion, thinly sliced
1 cup mushrooms, fresh, sliced **OR**
6 oz. can sliced mushrooms, drained
¼ cup green pepper, finely chopped
1 cup raw long cooking rice
Dash dried thyme leaves
2 cups canned chicken broth or bouillion
celery, finely chopped (optional)

Preheat oven 350°. In ¼ cup butter in skillet, cook onion over medium heat until golden. Add green pepper and mushrooms; cook until tender. Remove vegetables and set aside. In same skillet, heat remaining butter. Add rice and brown slightly, stirring over low heat. Stir in vegetables and thyme. Meanwhile, heat chicken broth to boiling point. Stir into rice-vegetable mixture; then turn into 1 quart casserole. Cover and bake 30-40 minutes or until liquid is absorbed and rice is tender.

PIES & PASTRY

BEST EVER LEMON PIE

Annie Gerber

- 1 baked pie shell
- 1¼ cups sugar
- 6 tbsp. cornstarch
- 2 cups water
- ⅓ cup lemon juice
- 3 eggs, separated
- 3 tbsp. butter
- 1½ tsp. lemon extract
- 2 tsp. vinegar

Mix sugar, cornstarch together in top of double boiler. Add the two cups of water. Combine egg yolks with juice and beat. Add to rest of mixture. Cook until thick over boiling water for 25 minutes. This does away with starchy taste. Now add lemon extract and vinegar and stir thoroughly. Pour into pie shell and let cool. Cover with meringue and brown in oven.

Never Fail Meringue

- 1 tbsp. cornstarch
- 2 tbsp. cold water
- ½ cup boiling water
- 3 egg whites
- 6 tbsp. sugar
- 1 tsp. vanilla
- Pinch salt

Blend cornstarch and cold water in a saucepan. Add boiling water and cook, stirring until clear and thickened. Let stand until **COMPLETELY** cold. With electric beater at high speed, beat egg whites until foamy. Gradually add sugar and beat until **STIFF**, but not dry. Turn mixer to low speed, add salt and vanilla. Gradually beat in cold cornstarch mixture. Turn mixer again to high speed and beat well. Spread meringue over cooled pie filling. Bake at 350° for about ten minutes. This meringue cuts beautifully and never gets sticky.

ENJOY!

BUTTERSCOTCH PIE

Evelyn Babb

- 1 cup brown sugar
- 1 lump butter, size of an egg
water to dissolve
- 2 egg yolks, well beaten
- 1 tbsp. cornstarch
- 1 cup milk

Boil brown sugar, butter and water until thick syrup. Let cool a little. Add egg yolks, cornstarch and milk. Cook until thick. Place in a baked pie shell.

When cool, top with meringue or whipped cream.

CHEESEBURGER PIE

Charlene Kuepfer

- 1 lb. ground beef
- ½ cup evaporated milk
- ½ cup ketchup
- ⅓ cup dry bread crumbs
- ¼ cup chopped onion
- ½ tsp oregano
- unbaked pie shell
- 4 oz. cheddar cheese shredded
- 1 tsp. worchestershire sauce.

Combine first six ingredients, ¾ tsp. salt ½tsp. pepper. Fill pie shell with meat mixture. Bake at 350° for 35-40 minutes. Toss cheese with worchestershire sauce. Sprinkle on top of meat. Bake 10 minutes more. Let stand 10 minutes before serving. Garnish with pickles if desired.

DEEP DISH APPLE PIE

Gail Moloughney

Pastry for 9" pie crust

- 1½ cups sugar
- ½ cup flour
- 1 tsp. nutmeg

- 1 tsp. cinnamon
- ¼ tsp. salt
- 12 cups apples, thinly sliced
- 2 tbsp. butter or margarine

Heat oven to 425°. Prepare pastry. Stir together sugar, salt, flour, nutmeg and cinnamon. Mix with apples. Put into ungreased baking pan 9" x 9" x 2". Dot with butter. Unfold pastry over fruit. Fold edges under just inside edge of pan. Bake 1 hour or until juice begins to bubble through slits in crust. Makes 9 servings.

DIRT PIE

Karen Schmidt

- 1 pkg. Oreo cookies
- 1 cup hot milk
- 1 lrg. package marshmallows
- 1 pint whipping cream
- 3 tbsp. crème de menthe

Crush cookies with a rolling pin and press about ¾ of them in a greased 8" x 11" pan. Heat milk in a double boiler and slowly add marshmallows to melt. Whip cream until stiff and add crème de menthe. Mix well, then add to chilled marshmallow mixture, mix well. Pour over Oreo crumbs and sprinkle a few crumbs on top. Refrigerate for at least four hours.

DUTCH APPLE PIE (with no cream)

Vera Collins

For a large pie plate

- ¾ cup brown sugar
- ½ cup white sugar
- 3 tbsp. butter
- 2 tbsp. cornstarch

Mix and pour over apples.

DUTCH APPLE PIE

Pat Snelgrove

1 unbaked pie shell; sliced apples

Combine:

- 1 cup brown sugar
- 3 tbsp. flour
- 1 tsp. cinnamon

Cut in 4 tbsp. margarine. Sprinkle mixture over sliced apples in pie shell. Pat down. Drizzle 3 tbsp. evaporated milk or cream over top and bake.

DUTCH APPLE PIE

Pat Tuffnail

- 1 unbaked pie shell
- 3-4 cups sliced apples
- 1 cup brown sugar
- 3 tbsp. flour
- 1 tsp. cinnamon
- ¼ cup butter
- 3-4 tbsp. cream

Peel, core and slice apples into pastry lined pie plats. In a bowl combine sugar, flour and cinnamon. Cut in butter until it is the size of peas. Sprinkle crumb mixture over apples. Add cream evenly to moisten crumbs. Bake at 375°F for about 35 minutes or until apples are tender.

ELDERBERRIES FOR PIES

Vera Collins

- 11 lbs. elderberries
- 4 lbs. white sugar
- 1 pint white vinegar

Boil until thick, then jar up.

FRENCH APPLE PIE

Ethel Young

Add lots of cinnamon to apple pie filling. Make topping from dry bread crumbs and melted butter mixed together and sprinkled on top. Bake at 350°F until brown.

FRESH STRAWBERRY PIE

Pat Snelgrove

- 1 cup white sugar
- 1 tbsp. cornstarch
- 1 cup water

Boil until clear, stirring constantly. Remove from heat.

Add one package strawberry jelly powder. Stir until well dissolved. Cool until syrupy. Add 1 quart berries, washed and hulled. Mix until coated. Pour into baked pie shell. Top with whipped cream. Chill.

LEMON PIE SUPREME

Helen Chalmers

- 3 egg yolks
- juice and rind of 1 lemon
- ½ cup sugar
- ½ tbsp. gelatine, dissolved

Add to above while hot, whites of eggs beaten until stiff and ½ cup of sugar. Fold whites and liquid together carefully. Pour into baked shell and set in refrigerator to cool for two hours or until firm. Serve with whipped cream topping or something similar.

LIME PIE

Douglas Sparling

- 1-3 oz. package lime flavoured gelatin
- 1 cup hot water
- juice of two lemons
- 1-13 oz. can evaporated milk, chilled
- ¾ cup sugar
- two graham cracker crusts

Dissolve gelatin in water, add lemon juice and put aside to cool — not congeal. Beat milk until stiff in large, chilled mixing bowl. Add sugar gradually while beating. Turn off mixer, add gelatin mixture and fold together. Pour into graham cracker crusts. Refrigerate

MEAT PIES

Gail Moloughney

Makes 6-7" pies or 3 or 4 larger ones

- 4 lbs. ground beef
- 1 cup chopped onion
- 6 tbsp. flour
- 4 cups water
- 4 tbsp. liquid Bovril **OR**
- 4 pkg. powdered Bovril
- 2-10 oz. cans mixed peas and carrots, undrained
- 1 tsp. salt

Pastry

- 5½ cups unsifted all purpose flour
- 1 tsp. salt
- 1 lb. Crosco
- egg
- 2 tbsp. vinegar
- water

Brown meat on high heat 20 minutes, stirring often. Add onion and flour, stir. Add water and Bovril. Cover and simmer for 1 hour. Add salt and cool. Add peas, carrots and liquid.

Cut shortening into flour and salt with pastry blender until size of peas. Beat egg in 8 oz. cup. Add vinegar and then fill with water (cold) to make 8 oz. Add filling to pie crust. Gash top of crusts. Bake 425° for 10 minutes then at 375° for 20 minutes longer or bake directly from freezer for 45 minutes at 450°

NEVER FAIL PASTRY

Sherry Wilker

- 5 cups all purpose flour
- 3 tsp. baking powder
- 2 tsp. salt
- 1 lbs. shortening
- 2 tbsp. lemon juice
- water

Sift all dry ingredients, add shortening. Put egg in measuring cup, beat slightly. Add the lemon juice and enough water to make $\frac{3}{4}$ cups. Add to flour mixture.

OATMEAL PIE CRUST

Marie Yantzi

Combine:

- 1 cup quick cooking oats
- $\frac{1}{3}$ cup sifted flour
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{2}$ tsp. salt

Cut in $\frac{1}{3}$ cup butter until crumbly. Press firmly on bottom and sides of 9" pie plate. Bake in a moderate oven (375°) about 15 minutes. Cool crust completely and fill with any desired cream filling.

PASTRY

Ethel Young

- 6 cups pastry flour
- 1 lb. shortening
- 1 tsp. salt
- ice water

Mix with fork and put in fridge overnight.

PECAN PIE

Debbie Duquette

- 3 eggs
- $\frac{2}{3}$ cup white sugar

1 cup dark corn syrup
 1/3 cup melted butter
 1 cup pecan halves
 1-9" unbaked pie shell

Beat eggs, sugar, butter and syrup. Pour into pie shell. Place pecans on top of pie filling. Bake at 350°F for 50 minutes or until inserted knife comes out clean. (Cuts into slices nicely if you use a pizza pie cutter.)

PUMPKIN PIE

Kate Gibson

1 cup white sugar
 1 tbsp. cornstarch
 1 tsp. cinnamon
 Pinch ginger

Mix dry ingredients. Beat two eggs and mix with 1 cup of pumpkin and 1 cup of milk. Add to dry ingredients. Bake 450° for ten minutes then 350° for 30 minutes.

PUMPKIN PIE

Marilyn Herman

plain pastry
 2 eggs slightly beaten
 2/3 cup brown sugar, tightly packed
 1 1/2 cups canned or cooked pumpkin
 1 tsp. cinnamon
 1/4 tsp. cloves
 1/4 tsp. ginger
 1/2 tsp. salt
 1 cup milk

Line 9" pie pan with plain pastry; flute on edge. Bake in hot oven (450°F) for five minutes. Combine slightly beaten eggs with sugar, pumpkin, spices, salt and milk. Pour into partially baked shell. Bake in hot oven for ten minutes. Reduce heat to 350°F. Pour on cream. Continue baking until filling is set. Serves 6.

QUICHE LORRAINE

Debbie Duquette

- 1-9" pie shell, unbaked
- 6 slices bacon
- 1 med. onion, chopped
- 2 cups shredded cheese (medium cheddar, swiss)
- 4 eggs
- 2 cups milk
- 1 tsp. salt
- ¼ tsp. nutmeg
- ⅛ tsp. pepper

Prepare pie crust. Prick shell with fork. Bake at 425°F for five minutes. Remove from oven. Reduce heat to 400°. Cook bacon until crisp. Crumble bacon, reserve. Sauté onion in bacon fat until soft. Sprinkle cheese in pastry shell, then layer bacon and onion. Beat eggs, add milk and spices in bowl. Pour into shell. Bake at 400° for 30 minutes. Custard will set as it cools. let pie stand for ten minutes before cutting.

RHUBARB CUSTARD PIE

Anonymous

- 1 egg, beaten
- ⅛ tsp. salt
- 1 tbsp. corn starch
- ⅓ cup white sugar
- ½ tsp. lemon juice
- 3 cups diced rhubarb

Mix all ingredients well. Pour into an unbaked pie shell. Bake in a hot oven 450°F, for fifteen minutes. Reduce heat to 350°F and continue baking until rhubarb is tender, 30 minutes or more.

RHUBARB PIE

Cover up rhubarb with boiling water plus a pinch of soda for a few minutes. Use enough rhubarb to fill a large pie plate. Line pie plate with a crust. Drain rhubarb well before putting in the pie plate with crust.

Beat:

1 egg
1 cup brown sugar
2 tbsp. melted butter
¼ tsp. salt
1 lrg. tbsp. flour
1 tbsp. water
Pinch grated nutmeg

Beat mixture until creamy. Pour over rhubarb and bake until well done and browned at 375°F.

RHUBARB PIE

Brenda Kitching

1½ cups white sugar
2 eggs
3 tbsp. flour
3 tbsp. butter
3 cups cut rhubarb

Mix first four ingredients. Add rhubarb and mix until coated. Put mixture in 9" unbaked pastry shell.

Topping

2 tbsp. brown sugar
4 tbsp. flour
2 tbsp. butter

Mix until crumblike. Add to top of pie. Bake 375° 45 minutes.

SOUTHERN PECAN PIE

Douglas Sparling

3 large eggs
1 cup white corn syrup
¾ cup sugar
1 tbsp. orange juice
2 tbsp. grated orange rind
2 tbsp. butter, melted

- 1 cup pecans, coarsely chopped
- 1 pie shell unbaked

Beat eggs slightly. Add syrup, sugar, juice and rind. Stir in butter. Spread pecans over unbaked pie crust and pour filling over. Bake approximately 45 minutes at 350°F.

SOUTHERN PECAN PIE

Sherry Wilker

- 3 eggs
- $\frac{2}{3}$ cup sugar
- Dash salt
- 1 cup corn syrup
- 1 tsp. vanilla
- $\frac{1}{8}$ cup melted butter
- 1 cup pecan halves
- 1-9" pie shell or never fail pastry shell

Beat eggs thoroughly with sugar, salt, corn syrup and butter. Add pecans and pour into shell. Bake at 350°F for 50 minutes or until knife comes out clean. Cool before serving.

STRAWBERRY PIE

Douglas Sparling

- 1 pint fresh strawberries
- $\frac{3}{4}$ cup water
- 3 tbsp. cornstarch
- 1 cup sugar
- 1 tsp. lemon juice
- 1 9" baked pie shell
- $\frac{1}{2}$ pint whipping cream, whipped

Line the bottom of baked pie shell with $\frac{1}{2}$ the strawberries, sliced in half. In a causepan, bring to a boil the remainder of the whole berries and $\frac{3}{4}$ cup water. Simmer for three to four minutes. Combine cornstarch and sugar and add to berries. Cook until mixture is clear, stirring constantly. Add lemon juice. Cool slightly and pour over berries in pie shell. Chill several hours. Top with whipped cream.

STRAWBERRY PIE FILLING

Lynn Forrest

1½ cup water
¾ cup sugar
2 tbsp. cornstarch

Cook until clear and thick, about five minutes. Stir in strawberry jello. Fold berries into mixture. Pour into cooked pie shell.

TUNA CUSTARD PIE

Linda Seguin

½ lb. bacon
1 small onion
¼ lb. Swiss cheese, slivered
1-9" pie shell
1-7 oz. can tuna, drained
3 eggs, slightly beaten
1¼ cup light cream
Dash tabasco sauce
nutmeg

Fry bacon until crisp, drain and crumble. Reserve bacon drippings. Fry onion in reserved drippings until tender. Place cheese in bottom of pie shell, top with bacon, onion and tuna. Mix eggs with cream, salt and hot sauce. Pour over tuna mixture. Sprinkle with nutmeg. Bake at 425°F for 15 minutes. Reduce temperature to 325°F. Bake 25-30 minutes longer or until knife inserted in centre comes out clean.

TWO TIER STRAWBERRY PIE

Marie Yantzi

Cheese Layer

½ cup sifted powdered sugar
½ tsp. almond extract
½ tsp. vanilla
1-3 oz. package cream cheese
1 cup whipping cream, whipped
1 9" baked pie shell

Add sugar and flavouring to cream cheese and beat until smooth and fluffy. Fold in whipped cream. Spread evenly over bottom of baked pie shell. Chill thoroughly.

Glazed Strawberry Filling

1 quart strawberries, fresh
1 cup water
1½ tbsp. cornstarch
½-¾ cup sugar

Crush one cup of the strawberries, add the water and cook two minutes, sieve. Mix cornstarch with sugar (amount of sugar depends on sweetness of berries). Stir into hot berry mixture, bring to a boil, stirring constantly. Cook and stir until thick and clear. Cool to room temperature. Place remaining strawberries on top of chilled cheese layer. Pour glaze over strawberries and chill at least two hours.

YOGHURT PIE

Bonnie Falconer

2-8 oz. containers of any flavour yoghurt
1-9 oz. tub of Cool Whip

Mix together well and spoon into a baked graham wafer crust. Refrigerate for four hours or overnight.



PORK DISHES

ORANGE PORK CHOPS

Charlene Kuepfer

Brown pork chops and drain any fat off.

Mix together "approximately":

- 2-3 cups orange juice
- ½ cup orange marmalade
- ½ cup brown sugar

Mix together well and pour over pork chops. Bake in oven until sauce on pork chops is starting to thicken up. You can also add your potatoes and large chunks of carrots and onions to have some yummy glazed veggies. Check your chops for tenderness and your in for a treat!

PORK CHOPS EN CASSEROLE WITH POTATOES

The Art of Cooking & Serving, 1930

- 7 med. potatoes
- 2 tbsp. flour
- 1 tsp. salt
- ⅛ tsp. pepper
- 3 tbsp. Crisco
- 3 cups milk
- 6 pork chops

Wash and pare potatoes and cut in thin slices. Put a layer in a greased baking dish and sprinkle with flour, salt and pepper. Dot with small bits of Crisco. Add another layer of potatoes and seasoning and repeat until all the ingredients are used. Pour the milk over it. Lay pork chops on top. Bake in a moderate oven (325°) 1 to 1½ hours or until potatoes are tender.

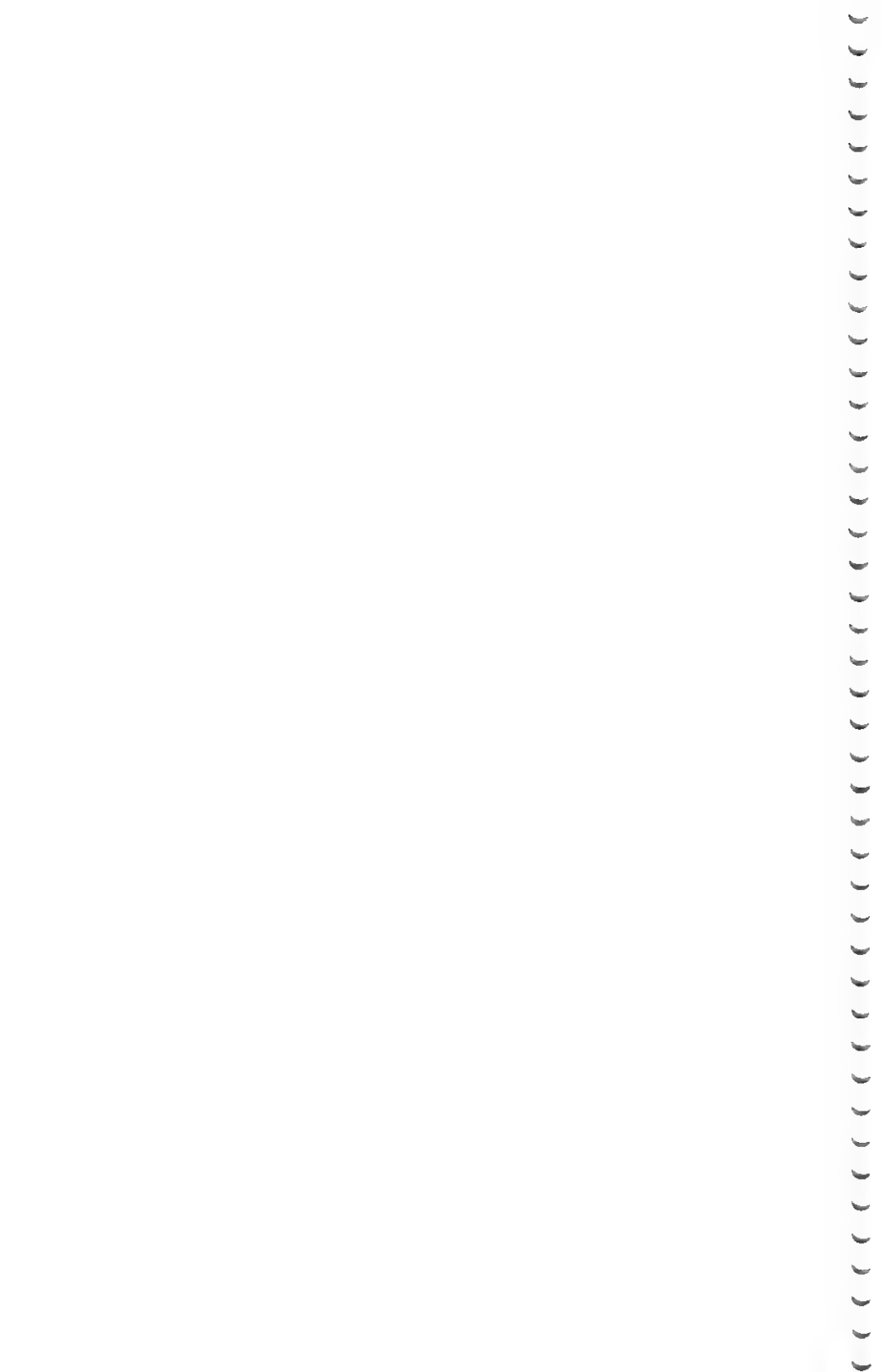
RUM RIBS

Hanna Goodmundson

- 2-3 lbs. back spare ribs
- ¾ cup sugar
- ½ cup chili sauce
- ¼ cup ketchup
- ⅓ cup rum (dark has more flavour)

- 3 tbsp. soy sauce
- 1 tsp. dry mustard
- 2 garlic cloves
- freshly ground pepper

Line roasting pan with foil. Cut ribs into individual servings and place in pan. Cover pan tightly with foil and bake at 350° for one hour. Remove foil and pour off liquid. Meanwhile, combine brown sugar, chili-sauce, ketchup, rum, soy sauce, worchestershire sauce, mustard, garlic and pepper. Heat to boiling for two or three minutes. Pour about half the sauce over the ribs, and continue to bake another one to one and a half hours. Basting with remaining sauce frequently.



POULTRY DISHES

AMERICAN CHICKEN CHOP SUEY *Art of Cooking & Serving, 1930*

- 2 cups cold chicken
- 1 cup cooked celery
- 1½ cups cooked rice
- 1 tsp. salt
- ⅛ tsp. pepper
- 1 tbsp. Crisco
- 2 tbsp. flour
- 1½ cups chicken stock

Cut chicken and celery in thin strips before measuring. Mix them with the rice, salt and pepper. Melt Crisco, add flour and mix well. Add stock slowly and bring to the boiling point, stirring constantly. Add the chicken mixture and heat thoroughly. One cup of cooked mushrooms may be added.

AMERICAN PORK CHOP SUEY

Follow above recipe, using cooked pork instead of the chicken.

CHICKEN CORDON BLEU

Leeanne Gaul

- 4 chicken breasts, deboned
- 4 ham slices ½"
- 4 Swiss cheese slices ½"
- cornflake crumbs
- 1 tsp. garlic salt
- 2 oz. melted butter

CHICKEN ROYALE

Sharon Seebach

Place in a plastic bag.

- 2 cups bread crumbs
- ¾ cup parmesan cheese
- ¼ cup parsley
- garlic powder
- 2 tsp. salt
- ⅛ tsp. pepper

Chicken pieces
melted butter

Dip chicken pieces in melted butter, then in bread crumbs mixture. Arrange on pan (not touching). Bake at 350° for 1 hour. Do not turn. Store unused bread crumbs in ridge to re-use at a later date.

CHICKEN TERIYAKI

Brenda Nunn

1 lb. skinless chicken (diced)
flour
teriyaki marinade mix
carrots, pre-cooked
celery
mushrooms
onion
red pepper
green pepper

Dice chicken and soak in marinade mix (follow package directions). Roll marinated chicken in flour and cook in wok or fry pan in small amount of cooking oil. Add chopped vegetables and remaining marinade mix. Simmer for 10-12 minutes. Serve over rice or mix rice in with stir fry. Soy sauce and dash of ginger can also be added.

GARLIC CHICKEN WINGS

Luanna Gravelle

3 lb. chicken wings
2-10 oz. tins consommé soup
¼ cup brown sugar
¼ cup liquid honey
4 tbsp. soy sauce
1 tsp. ginger
1 garlic clove
1 tsp. powdered garlic

Cut tips off wings and cut wings in two. Mix ingredients and pour over chicken wings and let stand 1 hour. Put in oven for 3 hours at 325°. Don't cover.

GINGER PEACHY CHICKEN

Hanna Goodmundson

- ½ cup peachtree schnapps
- ¼ cup vegetable oil
- 1 garlic clove crushed
- 1 tsp. ground ginger
- 2 chickens, split for broiling (2 lbs. each)

Mix in a shallow baking dish all ingredients except chicken. Pierce chicken skins with fork. Marinate in schnapps mixture at room temperature. Drain chicken and reserve marinate. Place chicken halves on broiler rack skin side down. broil about 4" from heat source. Baste with marinate every 10 minutes. Broil until browned and crisp, turning as needed. Makes 4 to 6 servings

HUNGARIAN CHICKEN PAPRIKAS

Helen and Julius Karadi

- 1-3 lb. chicken
- salt and pepper
- 3 tbsp. shortening
- 2 med. onions, minced
- 1 green pepper, minced
- 1 red tomato, chopped
- 2 tbsp. red paprika
- 1 tbsp. tomato paste
- 1 cup water

Season chicken pieces with salt and pepper. Sauté onions in the shortening until golden. Remove from the heat and stir in paprika. Let stand for a few minutes and add chicken pieces, tomato, tomato paste and green pepper. Cooking 30 minutes, or until tender. Add a little water if necessary. Serve with macaroni or potatoes and vegetables of your choice.

ITALIAN CHICKEN BAKE

Doris Wolfgram

- 2 cups cooked noodles
- 1½ cups left-over chicken (cut in small pieces)
- 1 can cream of mushroom soup

- ½ cup milk
- 1 tbsp. grated onion
- 1 cup cooked peas
- 2 eggs, hard cooked, sliced (optional)
- salt and pepper to taste
- Grated cheese for topping

Put half the noodles in buttered baking dish. Add chicken, peas, eggs and seasonings. Cover with the rest of noodles. Combine milk and soup and pour over noodles. Top with cheese. Bake uncovered 30 minutes at 350°. Serves 4-6

LOW CALORIE BARBEQUE CHICKEN

Sharon Krauskopf

- 4 chicken legs or breasts
- ¼ cup vinegar
- ½ cup ketchup
- 1 cup water

Place chicken in casserole dish skin side down. Skin will fall off. Mix other ingredients and pour over chicken. Bake at 350° for ½ hour. Turn chicken over and baste with sauce. Bake another ½ hour. Yield 4 servings. I have used turkey in place of chicken.

OVEN FRIED CHICKEN

Linda Seguin

- 6½ lb. chicken pieces
- 2 cups bread crumbs, fine dry
- 2 tsp. paprika
- salt and pepper
- 1 cup flour
- 1 cup milk

Mix crumbs, salt, pepper and paprika together. Dredge chicken with flour. Dip in milk and coat with crumb mixture. Place on baking pan, skin side up. Bake 350° 1 hour or until tender. Brush with melted butter or margarine immediately upon removal from oven. Serves 8.

POPEYE

Kim Frayer

Boil one whole chicken until done. When cooked take two cups of chicken broth, put in fridge or freezer to cool for approximately two hours (until cool). Remove chicken bones from cooked chicken. Take cooled broth and 1 tsp. baking powder. Mix with approximately two cups flour and ½ cup milk. Gradually add cooled broth to flour, mix until firm. Roll out and cut in strips. Drop into boiling chicken for 10 minutes (or until firm). remove and enjoy the noodles along with the chicken. Add salt and pepper for taste.



PRESERVES

AUNT ANNE'S PEACH CONSERVE

Beth Rodgers

- 24 large peaches
- 1 tart apple

For every pound of fruit, add:

- $\frac{3}{4}$ cup sugar (4 – 5 peaches = one pound)

Add juice and grated rind of one orange and one lemon.

Bring to boil. Boil for 20 minutes. Add one small bottle halved and quartered maraschino cherries and juice. Cook two minutes longer or until thick as desired.

Place in sterilized jars.

AUNT DOROTHY'S FRUIT CHILI SAUCE

Beth Rodgers

- 30 large tomatoes
- 6 onions
- 2 red peppers
- 1 green pepper
- 2 tbsp. salt

Cut medium fine and let stand overnight. Next day, add fruit and other ingredients.

Chop fine:

- 6 peaches
- 6 pears
- 6 apples

Add:

- 1 tbsp. salt
- 2 tbsp. allspice
- 2 cups cider vinegar
- 7 cups brown sugar

Cook until thick **slowly**, six to seven hours. Stir frequently and be careful not to let burn. Seal.

CANNED PEACHES

Sue Vandervliet

- peaches (enough to fill a quart jar)
- $\frac{3}{4}$ cup sugar
- 2 cups water
- spices; ginger, nutmeg, cinnamon stick

Put peaches in syrup and bring to a boil, cook until tender. Put into sterile jars, making sure the syrup covers the fruit. Turn Jar upside down to ensure a good seal.

CANNED PEARS

Sue Vandervliet

- 1 tsp. vanilla
- 1 cup sugar
- 2 cups water

Bring fruit to a boil in syrup. They are done when fork goes in easily. Place in sterile jars. Turn upside down to ensure a good seal. Make sure syrup covers the fruit.

CHILI SAUCE (1)

Dora Mallon

- 15 tomatoes
- 2 heads celery
- 1 cup white or brown sugar
- 4 large onions
- 1 cup vinegar
- 2 tbsp. salt
- 2 tbsp. mixed spices in bag

Wash vegetables; peel onions; scald tomatoes and remove skins. Add celery and chop all finely; then add vinegar, salt and sugar. Boil three to four hours or until thick. Seal while hot in sterilized jars.

Wendy helped.
Sept 12/99

CHILI SAUCE (2)

Dora Mallon

- 30 large ripe tomatoes
- 4 green peppers
- 10 medium sized onions
- 6 large apples
- 3 cups vinegar
- 4 tbsp. salt
- 1 cup white or brown sugar
- 1 tsp. cloves
- 1 tsp. cinnamon

Wash and peel tomatoes and onions; peel and core apples; remove seeds and tongues from peppers. Cut tomatoes and chop onions, apples and peppers. Add vinegar, salt, sugar and spices and boil for two hours. Seal in sterilized jars.

FRUIT RELISH

Dora Mallon

- 20 ripe tomatoes
- 8 pears
- 8 peaches
- 4 cups white sugar
- 2 tsp. salt
- 2 red peppers
- 2 tsp. whole spice tied in cheesecloth bag
- 4 cups vinegar

Wash vegetables and fruit. Blanch tomatoes and peaches and remove skin; peel pears and remove tongue and seeds from peppers. Chop (not too finely) and add sugar, vinegar, spices and salt. Boil slowly for two hours. Seal, while hot, in sterilized jars.

GREEN TOMATO MINCEMEAT

Brenda Kitching

- 8 lbs. green tomatoes, chopped
- 4 cups seeded raisins
- 4 cups currants
- 4 lbs. white sugar

½ lb. mixed peel
 1 cup vinegar
 4 tsp. cinnamon
 1 tsp. salt
 1 tsp. cloves
 ½ tsp. pepper

Grind tomatoes. Drain and replace with equal amount of water. Boil tomatoes and sugar until clear. Add remaining ingredients. Seal in jars.

MARINATED FRESH MUSHROOMS

Bev Cantelon

Mushrooms to fill a one quart sealer jar

Marinade:

⅔ cup vegetable oil
 ⅓ cup white vinegar
 salt and pepper to taste
 ¼ tsp. paprika
 1 clove garlic, crushed
 chives or green onions, chopped

Clean and dry mushrooms. Cut large ones. Place in jar. Pour marinade over top and seal tightly. Turn jar every so often. Best after three or four days and will keep in refrigerator for seven to ten days.

MOCK RASPBERRY JAM

Lynda Romanick

A good way to use up extra green tomatoes before the frost gets them.

Puree

2½ cup green tomatoes
 2 cups sugar

Boil until clear. Add 3¾ tbsp. raspberry jello powder. Can and freeze.

MOM BLANCHER'S CROCK PICKLES

Lynda Romanick

- 6 quart small cucumbers
- 6 quart small onions
- 2 good sized cauliflowers
- 1 tsp. pepper
- 3 cups brown sugar
- ¼ cup mustard
- 1 cup pickling salt
- 1 gal. vinegar
- ½ oz. tumeric powder
- 10 cups granulated sugar

Cut into chunks into crock. Add all ingredients. Stir every day for a week and leave in crock, stored in a cool place. (Place a plate over top of crock.)

PUDDINGS

CHOCOLATE PUDDING OR PIE

Linda Debus

(needs no eggs or milk)

Boil together:

- $\frac{3}{4}$ cup white sugar
- $\frac{1}{4}$ cup butter
- $\frac{1}{4}$ cup cocoa
- $1\frac{1}{2}$ cup hot water

Mix:

- 4 tbsp. corn starch
- $\frac{1}{2}$ cup cold water

Add to boiling mixture. Let bubble and add 1 tsp. vanilla. Double recipe for two pies.

CHRISTMAS CARROT PUDDING

Vera Collins

- $1\frac{1}{2}$ cups flour
- 1 cup brown sugar
- 1 cup suet
- 1 cup grated carrot
- 1 cup grated potatoes
- 1 cup raisins
- 1 cup currents
- 1 tsp. soda in the flour.

Steam for three hours.

CHRISTMAS DATE PUDDING

Vera Collins

- 2 cups flour
- 1 cup suet
- 1 cup dates
- $\frac{1}{2}$ cup brown sugar

1 cup sour milk
tsp. soda
1 tsp. salt

Steam for two hours.

EASY QUICK RICE PUDDING

Thelma Gilbert

1 cup rice
½ tsp. salt
 water, to cover rice

Mix water and salt. Cover rice. Bring to a boil, turn off heat and let stand one hour. Re-heat. Place in serving dishes and add a serving of vanilla ice cream. Add corn syrup if you like it sweeter.

HOT FUDGE PUDDING

Lynda Romanick

Heat oven to 350°F

Blend

1 cup flour
2 tsp. baking powder
¼ tsp. salt
¾ cup sugar
2 tbsp. cocoa

Stir in

½ cup milk
2 tbsp. cooking oil
1 cup nuts

Spread in 9" pan or casserole dish.

Blend

1 cup brown sugar
¼ cup cocoa

Spread on top. Pour over top, 1¾ cups hot water (do not stir). Bake for 45 minutes.

PLUM PUDDING

Martin Nyland

1¾ cup all-purpose flour
1 lb. currants
1 lb. dark raisins
½ cup blanched slivered almonds
½ cup marachino cherries
½ cup mixed fruit
½ cup butter or margarine
⅓ cup molasses
1 cup bread crumbs
1 cup white sugar
1 cup milk
4 eggs
½ tsp. salt
¼ tsp. cloves
¼ tsp. allspice
½ tsp. cinnamon
¼ tsp. baking soda
½ cup brandy or orange juice
1 tsp. baking powder

Cream butter, sugar together. Add eggs one at a time and beat well. Add molasses, milk and juice. Mix a little of the flour, bread crumbs with the fruit in a separate bowl. Add the remaining flour, soda, baking powder, spices and salt to the cream mixture and then the fruit. Put in greased heat-proof caseroles and steam in hot water until done. Be sure to put foil on the tops and tie with string during cooking. Little one takes about 1½ hours.

Brown Sugar Sauce (for Plum Puddings)

¾ cup brown sugar
1½ tbs. cornstarch

1 tbsp. butter
½ tsp. vanilla or almond flavouring
Pinch salt
1 cup hot water

Mix and put over heat. Stir until thickened.

QUICK PUDDING

Scott Kitching

Make batter of:

1 cup flour
⅓ cup white sugar
½ cup milk
½ cup raisins or dates
1 tsp. baking powder
Pinch salt

Put this in good sized dish and pour over it the following:

2 cups boiling water
1 cup brown sugar
1 tsp. butter
1 tsp. vanilla

Bake ½ hour in 350° oven. Serve

QUICK PUDDING

Vera Collins

2 cups white sugar
½ cup raisins
2 cups sweet milk
1 cup flour
2 tsp. baking powder
1 tsp. vanilla

Mix above well and put in casserole dish.

¾ cup brown sugar
1 tbsp. butter
1 cup water

Boil to almost a syrup. Pour over first mixture and put it in the oven.
Bake at 300°. Ready to serve when warm.

RICE PUDDING

Hilda Ruston

⅔ cup water
¼ tsp. salt
⅔ cup rice

Bring water and salt to a boil. Add rice. Cover and remove from heat, let stand five minutes.

Add

1¼ cup milk
1 egg yolk, beaten
⅓ cup sugar
⅓ cup raisins
⅓ tsp. cinnamon
⅓ tsp. nutmeg
1 tbsp. butter

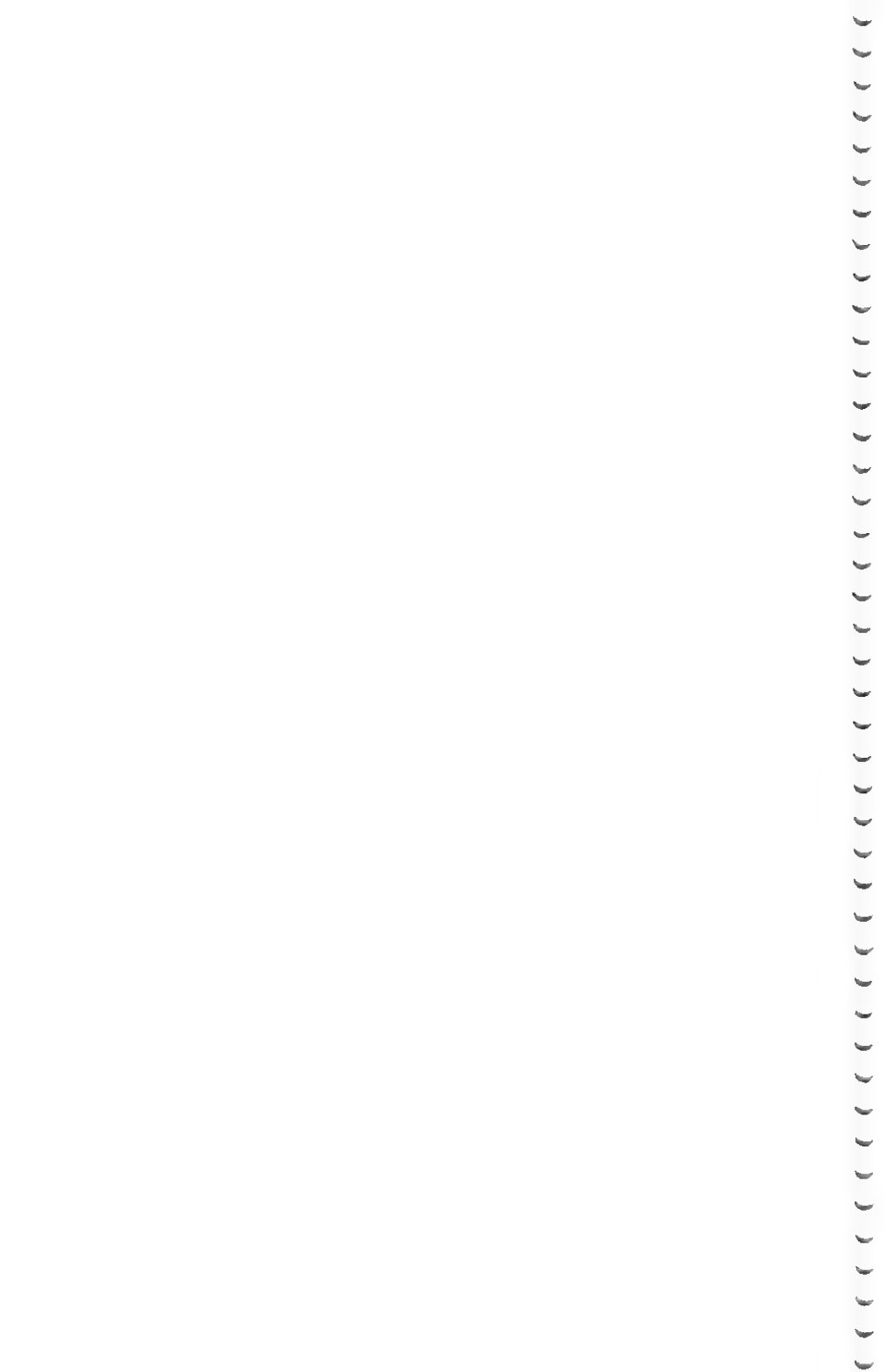
Mix well and bring to boil. Stir constantly. Cover and remove from heat.
Let stand one hour. Stir before serving. Serve hot or cold.

YORKSHIRE PUDDING

The Art of Cooking & Serving, 1930

1 cup flour
½ tsp. baking powder
½ tsp. salt
1 cup milk
2 egg yolks
1 tbsp. melted Crisco
2 egg whites

Mix and sift flour, baking powder and salt. Add milk, beaten egg yolks and Crisco. Mix well. Fold in the stiffly beaten egg whites. Cover the bottom of an earthenware baking dish with drippings from roast beef. Pour the batter into the baking dish. Bake in a hot oven (400°) about 20 minutes. Baste with drippings from the roast after it is well risen. Cut in squares and serve on platter with the roast.





SALADS

BEAN SALAD

Debbie Duquette

- 4 celery stalks, sliced thin
- 1 med. onion sliced thin
- 1 cup sugar
- 1 tsp. salt
- pepper to taste
- 1 tsp. paprika
- ½ green pepper, chopped
- 1 cup vinegar
- ½ cup oil
- 1 tin each, green beans, yellow beans, kidney beans, chick peas

Mix all together. Chill for several hours before serving.

BROCCOLI SALAD

Sharon Seebach

Mix together:

- 1 bunch broccoli, cut into floweretts
- ½ lb. bacon, cooked and crumbled
- 1 cup shredded cheese
- 1 onion, chopped (or green onions)

Dressing:

- 1 cup salad dressing
- ¼ cup white sugar
- 2 tsp. vinegar

Mix together and pour over salad.

CAESAR DRESSING

Kim Miller

- 2 eggs
- 1½ cups oil
- ¼ cup fresh lemon juice (use two lemons)
- 4 cloves garlic, minced
- 2 tsp. Worcestershire sauce
- 1 cup parmesan cheese (grated)
- salt and pepper to taste

In food processor or blender, blend eggs, oil, lemon juice, Worcestershire sauce and garlic thoroughly. Stir in parmesan, salt and pepper. Cover and stor in fridge.

CAESAR SALAD

Marie Yantzi

- 1 head Romaine lettuce
- 1 egg yolks slightly beaten
- 2 tsp. vinegar
- 1 clove garlic minced
- ½ tsp. worchestershire cause
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. dry mustard
- ⅓ cup vegetable oil
- ¼ cup parmesan grated cheese
- bacon bits
- croutons

Mix the egg yokes, vinegar, garlic, worchestershire cause, salt, pepper, mustard and oil all together. Gradually add the grated cheese. Wash lettuce and dry. Just before serving, add the dressing, croutons and bacon bits.

CARROT AND RAISIN SALAD

Linda Seguin

- 4-6 lrg. carrots shredded
- ½ cup dates, pitted and cut in half
- ½ cup raisins
- ½ cup chopped walnuts
- 1 cup plain yoghurt or sour cream
- 1 tsp. fresh mint **OR**
- ¼ tsp. dried mint
- grated rind and juice of one lime
- salt and pepper to taste

Combine carrots, dates, raisins and nuts in bowl. Blend yoghurt, mint, lime rind, juice, salt and pepper in small bowl. Fold into carrot mixture. Refrigerate covered. Serves 4

CHRISTMAS COLESLAW

Linda Seguin

- 2 lb. head cabbage, finely shredded
- 1 green pepper, diced
- ¼ cup chopped pimento
- 1 can pineapple tidbits, well drained
- ¾ cup mayonnaise
- ¼ cup white sugar
- 1 tbsp. celery seed
- ½ tsp. salt
- 1 tsp. prepared mustard
- 2 tbsp. lemon juice

Combine cabbage, green pepper, pimento and pineapple in large bowl. Mix remaining ingredients together for dressing. Stir dressing into cabbage mixture just before serving. Serves 12.

FRUIT SALAD

Pat Snelgrove

- 1 pkg. mini white marshmallows
- 1-19 oz. tin crushed pineapple, juice included

Blend together and let stand overnight.

Add:

- ½ pint whipped cream
- cherries
- chopped nuts (optional)

GERMAN POTATO SALAD

Linda Seguin

- 3 cups hot cooked potatoes, diced
- ½ cup finely chopped onion
- ½ tsp. celery seed
- 1 tsp. salt
- ⅛ tsp. pepper
- 2 tsp. sugar
- 1 tbsp. vinegar
- ½ cup dressing

½ cup thinly sliced radishes
1½ cups diced celery

Dressing:

1 cup mayonnaise
⅓ cup chili sauce
½ tsp. grated onion
1 tbsp. finely chopped sweet pickles
1 tbsp. finely diced celery
1 tbsp. finely diced green pepper

Combine ingredients and mix well.

Combine potatoes and onion. Combine seasonings, sugar, vinegar and dressing. Add to potatoes, toss lightly. Chill thoroughly. Fold in radishes and celery just before serving. Serves 8.

GREEN MAYONNAISE SALAD

Winnie Ashbourne

1 pkg. lime jello
1½ cups boiling water
1 tbsp. vinegar
Dash salt

Let stand till half jellied. Add ½ cup mayonnaise, whip. Add 2 cups shredded carrots or other vegetable such as cabbages, peppers. Pour into mold and chill

HEAVENLY PINK JELLO SALAD

Nellie Tiemens

1-20 oz. can crushed pineapple (drained)
1 small package of red jello
1-8 oz. package softened cream cheese
1 small package Dream Whip
½ cup celery, chopped fine
¾ cup miniature marshmallows

Drain the pineapple, use juice and enough water to make 1½ cups of liquid. Bring to a boil. Add jello, stir well until dissolved. Add the cream

cheese and marshmallows. Stir well over a low heat until all is dissolved. Put in serving bowl. Place in fridge until almost set. Beat Dream Whip stiff. Add Dream Whip, celery and pineapple. Stir well with a spoon. Set back in fridge until fully set.

HOT CABBAGE SALAD

Lynda Romanick

- 4 slices bacon
- ½ clove garlic, crushed
- 1 tbsp. cornstarch
- ½ cup water
- ¼ cup vinegar
- ½ tsp. salt
- 2 tsp. sugar
- 2 tsp. mustard
- ⅛ tsp. pepper
- ¼ cup sliced onion
- 3 cups shredded cabbage

Dice bacon and fry, remove. Add garlic to drippings. Stir in mixture of cornstarch, water and vinegar. Cook until thick. Add salt, sugar, mustard and pepper. Turn heat low and toss in onion and cabbage. Cover and heat for 15 seconds. Garnish with bacon. Good with pork dishes or spiced sausages.

HOT SPINACH SALAD

Sally Lynch

- 6 bacon slices, cooked and crumbled
- 1 garlic clove, crushed
- ¼ cup red wine vinegar
- 2 tbsp. soy sauce
- 1 tbsp. sugar
- 1 cup mushrooms, fresh, sliced
- 1 bunch spinach
- 2 eggs, hard cooked

Combine bacon drippings, garlic, vinegar and soy sauce in a 4 cup (1 litre) measure and microwave on HIGH for 1½ minutes. Pour over spinach. Add bacon, mushrooms and eggs. Serve immediately.

HOUSE DRESSING

Bev Cantelon

- 2/3 cup vegetable oil
- 1/3 cup lemon juice
- 2 tsp. sugar
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. dry mustard
- 1/4 tsp. paprika

Combine all ingredients in a jar with a tight fitting lid. Shake well. Refrigerate. Good with az variety of mixed greens.

LAYERED SALAD

Karen Schmidt

- 1 head lettuce
- 1 cup celery
- 4 hard boiled eggs
- 1 cup frozen peas
- 1/2 cup green pepper
- 1/2 cup carrots
- 1 raw onion
- 8 slices bacon, fried

Place in order given. Mix two cups Miracle Whip and 2 tbsp. sugar together and spread on top. Top with grated cheese and bacon bits. Do not stir.

MARINATED CARROT SALAD

Warren Schmidt

- 3 lrg carrots
- 1 green pepper
- 1 med. onion
- 1 can tomato soup
- 1/4 cup sugar
- 1/2 cup oil
- 1/2 tsp. dry mustard
- 1/2 cup vinegar

- ½ tsp. salt
- ¼ tsp. pepper

Slice carrots diagonally. Cook 6 – 7 minutes then drain and cool. Slice peppers and onions into thin rings and add to carrots. Combine remaining ingredients and add to carrot mixture. Marinate for 24 hours.

MEDITERRANEAN RICE SALAD

Linda Seguin

- 2 cups cooked rice
- 2 tomatoes, cut in wedges
- 4 green onions chopped
- 1 red pepper cut in thin strips
- 1 green pepper cut in thin strips
- ½ cup sliced black olives
- 2 tbsp. chopped parsley
- salt and pepper to taste
- ½ cup **Greek Island** dressing

Combine all ingredients **except** dressing in large bowl. Pour dressing over rice mixture. Toss lightly to coat.

Greek Dressing

- 1 cup olive oil
- juice of two lemons
- 1 tbsp. chopped chives
- 1 tsp. dried mint **OR**
- 1 tbsp. fresh mint
- 1 tsp. dried oregano
- 1 clove garlic, minced
- Pinch sugar
- salt and pepper to taste

Combine all ingredients in jar. Shake until well blended. Refrigerate until ready to use. Makes 1½ cup.

ORANGE COTTAGE CHEESE SALAD

Winnie Ashbourne

- 1 lb. cottage cheese
- 1 can crushed pineapple (drained)
- 1 pkg. Orange Jello (dry)
- 1 can mandarin oranges
- 2 cups Dream Whip

Mix together all ingredients and chill.

PICNIC POTATO SALAD

Linda Seguin

- $\frac{3}{4}$ lb. fresh green beans
- 5 cups cooked diced potatoes
- 1 cup sliced celery
- $\frac{1}{4}$ cup finely chopped green onion
- $\frac{1}{4}$ cup vinegar
- $\frac{1}{8}$ cup melted butter
- 2 tsp. salt (less is O.K.)
- $\frac{1}{4}$ tsp. pepper
- 1 tsp. white sugar
- 1 tsp. dillweed
- 2 hard cooked eggs, chopped
- 1 cup sour cream

Cook beans until tender, drain. Place beans, potatoes, celery and onion in bowl. Combine vinegar, butter, salt, pepper and dill. Toss with potato mixture. Chill well. **Just before serving**, stir in eggs and sour cream. Makes 8 – 10 servings.

PISTACHIO SALAD

Hilda Ruston

- 1 pkg. pistachio pudding
- 1 env. Dream Whip
- 1 lrg. can pineapple chunks (drained)
- 1 cup small marshmallows

Prepare pudding mix according to directions. Prepare Dream whip according to directions. Mix together. Add marshmallows and drained pineapple chunks. Chill for a few hours.

PISTACHIO SALAD

Karen Schmidt

- 1 pkg. pistachio jello pudding
- 1-19 oz. can crushed pineapple

Pour pineapple over jello powder, mix and let stand. Prepare 1 package Dream Whip according to directions. Add 2 cups miniature marshmallows to Dream Whip. Add all together and put in bowl. Will set quickly. Chill and serve.

POTATO SALAD

Colleen Vandervliet

- 1 carrot, grated
- ½ cucumber, grated
- 3 green onions, finely diced
- 2 celery stalks, finely diced
- 4 radishes, finely diced
- 5 lrg. potatoes, peeled, boiled, finely diced.
- 3-4 eggs, hard boiled, finely chopped
- ¼ cup vinegar
- salt and pepper
- mayonnaise

Mix all together. Refrigerator. Serves approximately 8-10.

PRETZEL SALAD

Marie Yantzi

- 1-8 oz. pkg. pretzels, crushed
- 1½ sticks margarine melted
- 3 tbsp. sugar
- 1-8 oz. softened cream cheese
- 1 pkg. Dream Whip, whipped
- 1 cup sugar
- 1-6 oz. strawberries (frozen berries), slightly thawed

Mix together pretzels, margarine and sugar. Put a layer in a 9" x 13" pan. Put remaining pretzels in another pan. Bake both for ten minutes at 350°F. Cool. Mix cream cheese, Cream Whip and sugar. Spread on cool pretzel layer. Dissolve jello and add berries, chill until partially set. Pour over cream cheese layer. Chill. Sprinkle remaining pretzels on top just before serving.

* one stick of margarine equals ½ cup

ROMAINE SALAD

Luanna Gravelle

Dry romaine lettuce and break into bite size pieces. Add a layer of the following:

	finely chopped cauliflower
	sliced red spanish onion
	crumbled bacon
½ cup	parmesan cheese
2 tbsps.	sugar

Cover with 1 cup Miracle Whip or enough to cover the top. Cover and refrigerate overnight. Toss just before serving.

SALAD DRESSING (no cooking)

Vera Collins

3	eggs
1 tsp.	Keen's mustard
1 cup	white sugar
1 cup	white vinegar
1 can	Eagle Brand condensed milk.

Beat eggs well, add sugar and salt and beat again. Dissolve mustard in 2 tbsps. vinegar, then add the rest of the vinegar to make 1 cup. Beat again. Add condensed milk and beat again. Pour into two 1 pint jars that have been chilled with cold water and seal. Will keep for weeks in refrigerator.

SALAD DRESSING

Evelyn Babb

- 1 heaping tsp. of mustard
- 3 tbsp. flour
- 1 heaping tsp. salt

Mix all of the above and add:

- $\frac{3}{4}$ cup white sugar
- 1 egg
- 1 cup milk
- $\frac{1}{2}$ cup cold water
- 1 cup vinegar

Cook until thickened

SAUCY ORIENTAL SALAD

Pat Sabourin

- 2 cups cooked rice
- 1-1 $\frac{1}{2}$ cups frozen peas
- 1-2 stalks celery, sliced
- 2 green onions, sliced

*made
Sept 21/02*

Dressing:

- $\frac{1}{4}$ cup oil
- 3 tbsp. vinegar
- 1 $\frac{1}{2}$ tsp. soy sauce
- 1 tsp. sugar
- $\frac{1}{2}$ tsp. curry powder (increase to 1 tsp. if desired)
- 1 tsp. celery seed

Combine rice, peas, celery and green onions in a medium bowl. Cover and chill at least two hours. Combine oil, vinegar, soy sauce, sugar, celery seed, salt and curry powder in a jar or small bowl. Cover and chill. When ready to serve, shake dressing well and pour over salad. Toss thoroughly. Left-over salad will keep if covered in refrigerator for two to three days after dressing has been added.

SEVEN LAYER SALAD

Linda Debus

Pat the following ingredients in order. Cover with Saran-Wrap and let stand 12 hours.

- 1 head lettuce
- 1 cup chopped celery
- 1 cup onion
- 1 cup green pepper
- 1½-2 cups Miracle Whip
- 2 tbsp. white sugar (sprinkled over Miracle Whip)
- 2 cups frozen peas
- ½ lb. bacon, cooked and crumbled
- 1½ cups grated cheese

SPINACH, BACON & MUSHROOM SALAD

Kim Miller

- 1 lb. fresh spinach
- 6 slices bacon, cooked and crumbled
- ¼ lb. large mushrooms, thinly sliced
- 2 tbsp. red wine vinegar
- ¼ cup olive oil
- ½ tsp. salt
- ¼ tsp. pepper

Clean spinach and cut off stems up to leaf. Wash well in cold water and drain well. Place in salad bowl and add bacon and mushrooms. Combine vinegar and oil, salt and pepper. Pour over salad. Toss salad with dressing to coat evenly, just before serving.

SPINACH SALAD

Bev Cantelon

Dressing:

- ¾ cup olive oil
- ¼ cup wine vinegar
- 1 tsp. tarragon
- 2 tbsp. bacon drippings
- 2 cloves garlic, crushed

- 1 tsp. salt
- ¼ tsp. pepper

Salad:

- ½ lb. bacon
- 2 10 oz. bags of spinach
- sliced mushrooms

Broil or fry bacon well. Drain and roll between paper towelling (save bacon drippings for dressing). Rinse and trim spinach. Add mushrooms. Just before serving, sprinkle bacon bits over spinach, serve dressing at room temperature over salad. Toss. Serves 8.

TACO SALAD

Kim Miller

- 1 lb. hamburger
- 1 small onion, chopped
- 1 pkg. taco seasoning
- 1 head of lettuce
- 2 tomatoes cut up
- 1 green pepper cut up
- 1 cup mushrooms cut up
- 1 bag nachos
- shredded cheese
- 1 jar taco sauce

In frying pan, cook hamburger and onion. Add the taco seasoning. In a large bowl, place torn lettuce, tomatoes, peppers and mushrooms. Toss crushed up nachos and pour on top of salad. Place the hot hamburger mixture on top of the nachos. Sprinkle with shredded cheese and pour a jar of taco sauce over everything. Serve with sour cream. DELICIOUS AND HEALTHY!

TOMATO SALAD

Rita DeVries

- 1 raspberry jello
- 1 lemon jello

Add:

2 cups boiling water

Add:

1 can Delmonte stewed tomatoes

TUNA PASTA SALAD

Linda Seguin

½ cup plain yoghurt

½ cup mayonnaise

¼ cup lemon Juice

1 tsp. mild curry powder

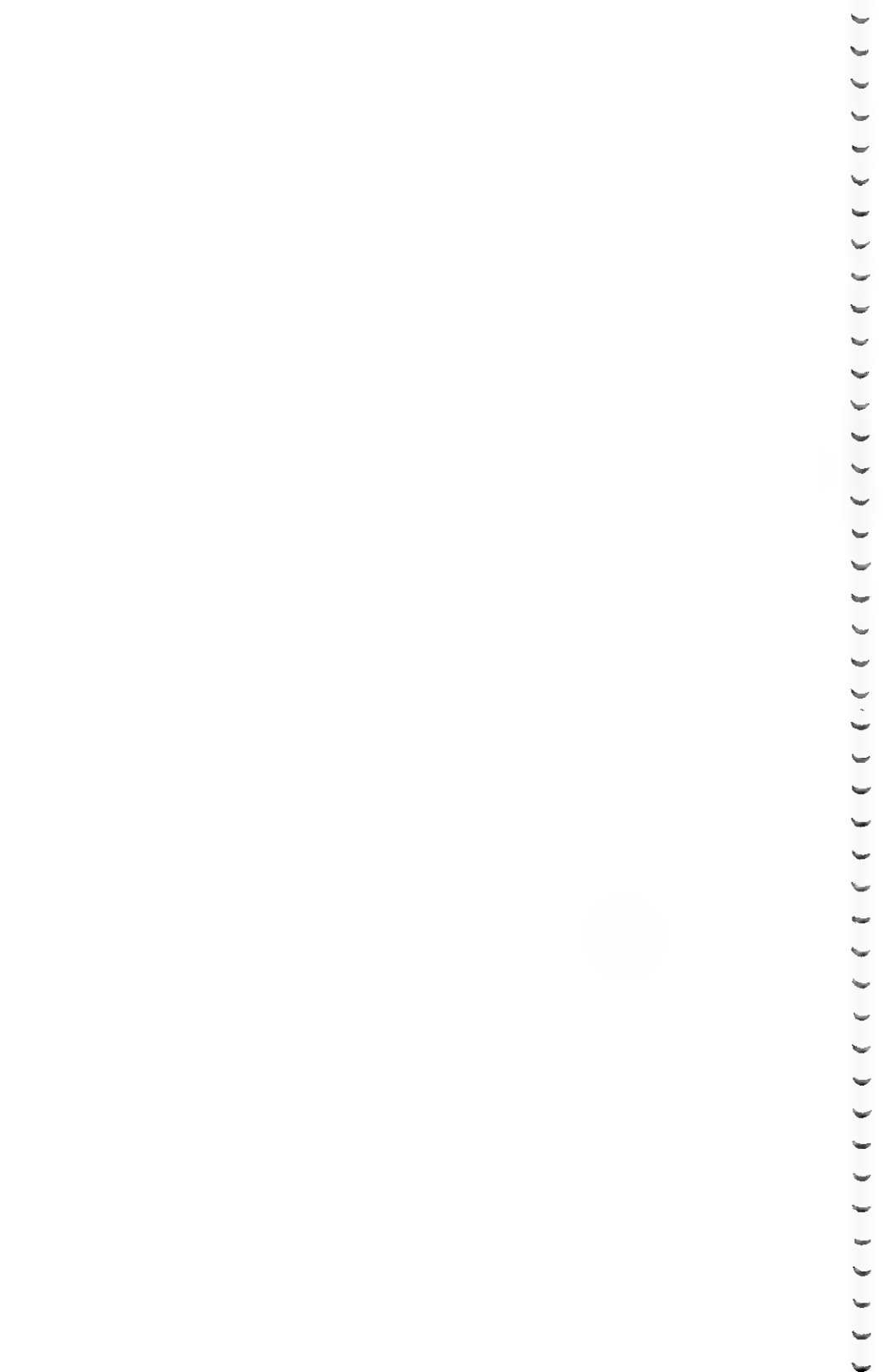
3 cups cooked pasta shells or elbow macaroni

2-6 oz. cans tuna, drained and flaked

4 green onions

3 tbsp. parsley, chopped

Blend yoghurt, mayonnais, lemon juice and curry powder in large serving bowl. Stir in pasta shells and toss until well coated. Add tune and onion, toss lightly to mix. Sprinkle with parsley. Makes 4 main course servings.



SAUCES

HONEY GARLIC SAUCE

Leeanne Gaul

- ¼ cup honey
- ¼ cup soy sauce
- ¼ cup ketchup
- 1½ cup water
- 2 cloves finely chopped garlic

Combine all ingredients in saucepan and bring to a boil then simmer.

MOM'S SPAGHETTI SAUCE

Brenda Kitching

(serves 12–14)

Pasta is regarded as a comfort food. Perhaps it qualifies in more than one respect. Not only does it conjure up thoughts of home, security and caring, it will also help to keep the blues away and make you feel better. An increased intake of carbohydrates will increase the serotonin levels in the brain leaving you with a more relaxed feeling of well-being.

Meatballs

- 2 parts ground, lean beef
- 1 part ground pork
- 1 egg per pound of meat
- dried bread crumbs or bread cubes soaked in milk
- finely chopped onion
- dry mustard
- Worcestershire sauce
- salt and pepper

Mix together meats. Add remaining ingredients to meat mixture. For ease and less mess, place shaped meatballs onto baking sheets and bake at 375° for 15 to 20 minutes. Drain on paper towels and add to sauce. One pound of meat makes 20 to 25 one inch meatballs.

Sauce

- 2-28 oz. cans tomatoes
- 2-5½ oz. cans tomato paste
- 1-48 oz. can tomato juice
- 3 whole chilies **OR**
- dried red pepper flakes to taste

- ¼ tsp. each of ground cloves, cayenne, basil and thyme
- Freshly ground black pepper
- 2 cloves garlic, minced
- 1-2 tsp. salt
- 2 tsp. sugar
- 1 tbsp. chili powder

Strain and press tomatoes through a sieve; discard seeds. Place juice and purée in a large pot. Add tomato paste, tomato juice, chilies or red pepper flakes, cloves, cayenne, basil, thyme, pepper, garlic, salt, sugar and chili powder. Bring mixture to a boil. Reduce heat to simmer and cook four to six hours, stirring occasionally.

Make and cook meatballs, then add to sauce as soon as possible so flavours will penetrate the meat. Allow four to six meatballs per person.

Sauce and meatballs may be frozen either separately or together.

Serve meatballs and sauce over cooked, hot spaghetti and pass the parmesan.

RHUBARB APPLESAUCE

Leeanne Gaul

The extra tartness of the rhubarb makes this our very favourite applesauce; and it's a snap to make. Serve it for a special breakfast treat, alongside veal or pork chops at dinnertime, or topped with a small scoop of ice cream for dessert.

- 1 lb. rhubarb
- 2 lbs. tart cooking apples, such as Granny Smith, Rome or Macintosh
- 1 cup sugar
- ⅛ tsp. nutmeg

Trim the rhubarb and cut it into chunks. Peel and core the apples and cut them into chunks. Combine the rhubarb and the apples with the sugar in a large pot. Simmer over medium-low heat until the fruit is soft, 20 to 25 minutes. Stir in the nutmeg. Serve the applesauce warm, room temperature or cold.

Tip To make this a year-round specialty, substitute frozen rhubarb when the fresh springtime variety is no longer available.

SAUCE SUPREME

Helen Chalmers

1 cup white sugar
1/3 cup water

Boil the above until it spins a thread. Add 2 egg yolks beaten until thick but be careful to add syrup mixture slowly, a little at a time. Add 1 tbsp. vanilla and beat. When ready to serve, add 1 cup of whipped cream or similar and serve with a pudding of your choice. It is with Christmas pudding. The first four ingredients may be made any time and stored in the refrigerator until wanted.

SWEET & SOUR SAUCE (for 3 lbs. spareribs)

Sharon Krauskopf

1/2 cup ketchup
1/2 cup vinegar
1 tsp. dry mustard
1 tsp. worchestershire sauce
1/2 cup white sugar
1/2 tsp. salt
1/4 tsp. pepper

Mix all together and boil. Then thicken with 1 tsp. cornstarch. Roast or boil spareribs until tender (1 1/2 hours). Pour sauce over ribs and bake for 15 to 20 minutes.

SWEET AND SOUR SAUCE

Sherry Wilker

2 cups hot water
6 OXO cubes (beef)
3/4 cup ketchup
2 cups brown sugar
1 1/2 cups vinegar

Melt OXO cubes in hot water. Add remaining ingredients. Pour over meat. Cook in deep dish (roasting pan) so that meat is covered. Bake at 350° for 1½ hours.

TOMATO MEAT SAUCE

Sharon Krauskopf

This sauce is used in baked lasagna or spaghetti. It's equally useful spooned over hot cooked noodles or split toasted hamburger buns. It may be stored in the fridge for several days or in freezer for a month or so.

- 3 med. onions, chopped
- ½ cup water
- 2 tbsp. cooking oil or shortening
- 2 cups canned tomatoes
- 15½ oz. can tomato paste
- 1 tbsp. crushed oregano leaves
- 2 small bay leaves
- ½ tsp. garlic powder
- 1 tbsp. sugar
- 2 tsp. salt
- ¼ tsp. pepper
- 1 lb. ground beef

In large saucepan or electric frypan, cook onions slowly in the oil until soft. Stir in remaining ingredients except beef. Cover and simmer 15 minutes. Stir in beef and simmer, covered for 30 minutes, stirring occasionally. Remove bay leaves. Keep sauce hot until ready to use. Makes about 4 cups; 8 ½ cup servings.

WHITE SAUCE MIX

Helen Chalmers

- 2 cups instant milk powder
- 1 cup flour
- 1 cup margarine

Blend the above with a pastry blender until fine and mealy. Store in a covered container and keep in the fridge.

Thin sauce: $\frac{1}{4}$ cup mix with 1 cup of cold water.

Medium sauce: $\frac{1}{2}$ cup mix with 1 cup of cold water.

Thick sauce: $\frac{3}{4}$ cup mix with 1 cup of cold water.

SOUPS

BEAN SOUP

Debbie Duquette

- 2 cups white beans (soak overnight in 2 tbsp. baking soda)
- 2 cups cubed pork (pork hocks, ham)
- 1 carrot, chopped
- 1 lrg. onion, chopped
- 1 stalk celery, sliced
- salt and pepper to taste
- 2 tbsp. flour

Soak beans overnight in large pot. Do not drain. Add approximately six cups water to soup pot. Add all ingredients except flour. Simmer for several hours, stirring occasionally. Add flour at the end of cooking time to thicken. Freezes very well.

FRENCH CANADIAN TOMATO SOUP

Mae DeBosdari

- 1-28 oz. can tomatoes
- 1-28 oz. equivalent of milk

Put each in a separate pot, adding ¼ tsp. soda to each. Bring to boil, add pinch of salt and mix together.

LOW CALORIE DIET SOUP

Sharon Krauskopf

- 1 pkg. Lipton onion soup
- 1 cup chopped celery
- 2 cups chopped cabbage
- 2 onions
- 1 can tomatoes
- 4 cups water

Simmer until vegetables are cooked, about ¾ hour.

TARTS

BUTTER TARTS

Bonnie Innes

- ½ cup corn syrup
- 2 eggs
- 1 cup brown sugar
- 1 cup raisins
- 2 tsp. vinegar (important)
- 6 tbsp. melted butter
- salt

Bake in uncooked tart shells.

BUTTER TARTS

Luanna Gravelle

Pastry for 12 large tart tins

- 1 cup corn syrup
- ¾ cup brown sugar
- 2 eggs, slightly beaten
- ¼ cup margarine or butter
- ¼ tsp. salt
- ¾ cup nuts, chopped (optional)
- ½ tsp. vanilla

Line 12 large sized tart tins with pastry. Mix corn syrup with brown sugar in saucepan; cook gently over direct heat for five minutes; cool slightly. Pour over slightly beaten eggs, beating continuously; add remaining ingredients. Fill unbaked shells two-thirds full; bake in hot oven (450°) for ten minutes. Reduce heat to 350°; continue cooking for 15 to 20 minutes or until set.

Yield: 12 tarts

BUTTER TARTS

Marilyn Herman

Pastry for 12 large tart tins

- 1 cup corn syrup
- ¾ cup brown sugar
- 2 eggs, slightly beaten

¼ cup butter
 ¼ tsp. salt
 ⅔ cup nuts, chopped
 ½ tsp. vanilla

Line 12 large sized tart tins with pastry. Mix corn syrup with brown sugar in saucepan; cook directly over heat for five minutes; cool slightly. Pour over slightly beaten eggs, beating continuously; add remaining ingredients. Fill unbaked shells ⅔ full; bake in hot oven (450°) for 10 minutes. Reduce heat to 350°. Continue cooking for 15 to 20 minutes or until set. Yield: 12 tarts.

BUTTER TARTS

Pearl Muma

½ cup butter or margarine
 ½ cup brown sugar
 ½ cup corn syrup
 ¼ tsp. salt
 1 tsp. vanilla
 ¼ cup coconut
 ½ cup raisins

Beat together first three ingredients, stir in salt, vanilla, coconut and raisins. Bake 375° for 15 to 20 minutes. Yields 12 tarts.

BUTTER TARTS

Theresa McMillan

1 cup brown sugar
 1 egg
 butter size of egg
 Dash salt
 1 tsp. vanilla
 6 tbsp. cream
 1 cup each raisins, coconut and walnuts

Combine and put in unbaked tart shells. Bake 350° until golden brown. Makes 18 tarts.

CHEESE TARTS

Vera Collins

$\frac{3}{4}$ cup white sugar
2 eggs
1 tbsp. butter

Beat the above then add:

1 cup currants
salt

Pour into unbaked tart shells. Makes 12 tarts.

VEGETABLES

GLAZED CARROTS

Myrtle Hanna

- 4 lrg. carrots
- 4 tsp. honey
- 5 tsp. butter
- 3 tbsp. frozen orange juice concentrate
- ½ tsp. salt

Cook carrots (¼" slices) until barely tender. Drain, add honey, butter, orange juice and simmer for ten minutes. Stir often to coat all sides of carrots.

CALICO BAKED BEANS

Pat Holden

- 1-28 oz. can Pork and Beans
- 1-10 oz. can baby lima beans
- 1-14 oz. can kidney beans

- 6-8 bacon slices cut up and fried
- 4 lrg onions, sliced and sautéed with
- 2 garlic cloves chopped

Add:

- ⅓ cup ketchup
- ¼ cup vinegar
- ¾ cup brown sugar
- ¼ tsp. dry mustard

Simmer 20-30 minutes. Add to the beans and bake at 350° for one hour. Delicious for pot-luck or barbeque!

CARROT, CELERY AND ONION VEGETABLES

Thelma Gilbert

- 3 cups carrots, sliced
- 1 cup celery, ½" pieces
- 1 med. onion, sliced
- salt

Cover with water and boil until tender. Drain off water or use and make a sauce by adding ½ tbsp. flour mixed in a little cold water. Add and cook. Add butter.

CREAMED SPINACH

Debbie Duquette

- 3 lbs. fresh spinach **OR**
- 2 10 oz. frozen chopped spinach
- 3 tbsp. butter
- 1 tbsp. grated onion
- 2 tbsp. flour
- 1 cup heavy cream
- 1½ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. nutmeg

Wash spinach, remove tough stems. Cook, covered in water until wilted. Drain and chop. Melt butter in large skillet and sauté onion, sprinkle with flour. Blend in cream, bring to a boil. Add remaining ingredients. Ready to serve.

GRILLED SPUDS

Bev Cantelon

- 6 med. potatoes
- 1 med. onion, sliced thinly
- 6 slices of bacon
- 2 tbsp. butter
- 2 tbsp. water
- salt, pepper and paprika to taste
- chives if desired

Scrub potatoes and cut into thin slices. Chop bacon. Place potatoes on double thickness of tin foil. Arrange onion slices and bacon between slices of potatoes. Dot with butter, sprinkle with salt and pepper and paprika. Add chives if desired. Wrap tightly in tin foil, making sure that the tin foil package won't leak. Place on charcoal or gas barbeque. Grill medium to high heat for approximately 45 to 50 minutes. Turn after first 20 minutes. Serves 4-6

LEFT-OVER BAKED POTATOES

Thelma Gilbert

3 potatoes, baked

Cut in slices and fry in cooking oil. Fry until nice and light brown. Add salt and pepper. Serve hot.

POTATOES ROMANOFF

Bev Cantelon

6 lrg. potatoes
1-500 ml. container of sour cream
½ cups shredded old cheddar cheese
1 bunch green onions chopped
2 tbsp. chopped chives
1½ tsp. salt
¼ tsp. pepper
paprika to taste

Cook potatoes in skins until tender. Cool and peel. Shred into large bowl. Stir in sour cream, 1 cup cheese, chopped onions, chives, salt and pepper, mix well. Turn into a buttered casserole. Top with remaining cheese and sprinkle with paprika, cover and refrigerate overnight. Stand at room temperature about one hour before cooking (unthaw in fridge if frozen). Bake uncovered 350° until heated through. Makes 10 servings.

SARATOGA CHIPS

The Art of Cooking & Serving, 1930

Pare 5 or 6 potatoes, With a sharp knife or potato cutter, cut in very thin slices, crosswise. Soak in cold or ice water ½ to 1 hour. Drain. Dry between towels and fry in deep hot Crisco until a delicate brown. Drain on unglazed paper. Sprinkle with salt. These may be served hot or cold.

SWISS POTATOES

Karen Ball

3 med. potatoes
2 eggs beaten
1 cup milk
3 tbsp. melted butter

1/2 onion
2 1/2 oz. parmesan cheese
paprika

Shred potatoes and onion in food processor. Mix eggs, milk and melted butter. Add potatoes and onions. Put in casserole and top with parmesan cheese and paprika. Bake at 350° for one hour.

ZUCCHINI STEW

Barb Boyes

1 cup zucchini slices
small piece of garlic bulb
1 cup tomatoes — no sugar
1 green onion sliced
Pinch parsley
2 pkgs. sweetener (optional)

Simmer over heat in a covered pot for 30 minutes. Makes one serving.

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